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NAUTILUS

Magazine of New Thought
Edited by Elizabeth Towne
and William E. Towne



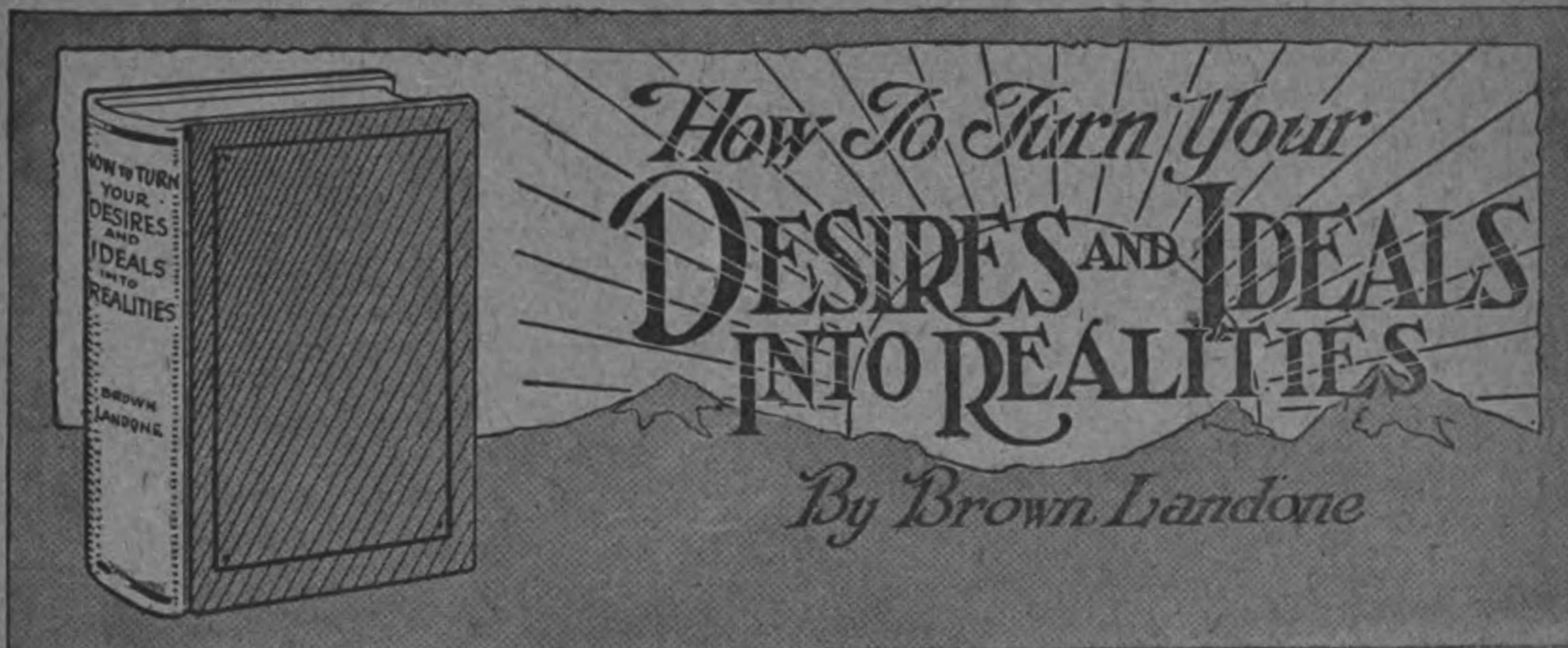
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How Poverty is but the Proof of your unused
Wealth

How to Be What You Desire

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Just by a few weeks' use of the New Landone Process of Success, given in the book, "HOW TO TURN YOUR DESIRES AND IDEALS INTO REALITIES."

On page 3 of the book you can read the statement of the man who made this demonstration and who has written a foreword containing some very interesting personal incidents about Mr. Landone and his work.

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A Pasadena man owned a piece of property on which a \$10,000 mortgage was due in 10 days.

Conditions had not favored the property, and no one would let him have the money and the bank would not continue the mortgage. He tried everywhere. He affirmed for two and one-half months, "God is ALL Abundance," etc., but with no success.

Then he tried the NEW WAY, and in three days he succeeded. (Page 90, "Desires and Ideals.")

In "Desires and Ideals" you can learn how to make YOUR desires surely become realities.

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The Elizabeth Towne Co., Inc., Holyoke, Mass

Try these Ideas in YOUR life

What desires you can make into realities

- How to know that you, yourself, can make your ideals come true. (Page 14.)
- How desire-ideals become realities. The only three activities necessary. (Page 32.)
- Attaining that which you desire is easy and certain if you carry out the three activities as directed. (Page 33.)
- How to form an ideal that will come true. (Page 37.)
- How to give your ideal a heart of desire, a body of substance and an impulse of action. (Page 37.)

—Building a successful business in face of competition. (Page 80.)

How to fire your desire so it will come true

- Firing the desire of your ideal. Making wishes into desires. (Page 42.)
- How to feed the fire of your desire when it is chilled by disappointment and discouragement. (Page 43.)
- How to create a body for your ideal. (Page 46.)
- How to give your ideal the impulse of action to make it real. (Page 49.)

the face of the worst kind of competition. (Page 80.)

—Idealizing the process for a widow with four children so as to turn her failing business into a success. (Pages 80-81.)

5 minutes a day makes you super-efficient

- Five minutes idealizing a day makes you super-efficient. (Page 86.)
- Amazing results of five minutes' idealizing by a South American physician. (Page 86.)
- Turning desires for sales into actual sales. (Page 90.)
- How Elizabeth Towne idealized and expanded the idea of a lecture by Brown Landone and made it a reality. (Page 64.)

Money Back Coupon

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I enclose \$1.60 for Landone's new book, "HOW TO TURN YOUR DESIRES AND IDEALS INTO REALITIES," under your money back offer.

Name

Address

12 factors that make your ideals live

- The 12 factors, including visualization, that will make your ideal live. (Page 50.)
- Try this new process of adding action to visualization. (Pages 51-52.)
- How to carry out the process that makes ideals come true. (Page 53.)
- Where to center your effort. (Page 64.)
- Building a successful business in

How ideas are turned into fortunes

- How idealized things make fortunes. (Page 69.)
- The man who manufactured "just" little wicker hand satchels.
- How the multimillionaire soap king idealized the things he produced and made his business a world-wide success. (Page 72.)

Say you saw it in NAUTILUS. See guarantee, page 5.

NAUTILUS NEWS

BY THE EDITORS

WHAT ELIZABETH TOWNE WILL TELL YOU ABOUT NEXT MONTH.

We have selected some unusually lively Editorials for September. Here are a few titles:

"You and Your Subconscious"; "Action Frees One From Unpleasant Complexes"; "How to Demonstrate Peace"; "To One Who Hesitates."

WHAT'S COMING IN SEPTEMBER.

I know you will welcome in September *Nautilus* Edwin Markham's beautiful poem beginning:

"We who are mothered by the Earth,
Mature through many a mystic birth."
We have all missed Mr. Markham from our pages, even though Mrs. Markham and other writers have given us some splendid verse.

"Personality," that mystic quality that makes men liked and that gives them power to move other men, is the subject of a most interesting article by Nellie Ripley Harris. Mrs. Harris deals with the subject in a larger sense. And she outlines very clearly the actual process by which personality is developed.

If you ever worry, if you ever feel the weight of past failure, you will find both help and courage in Mr. Marden's article for September, "Grinding Everything into Paint for Your Masterpiece."

How to deal with physical pain and why we undergo pain is explained in a wonderful way by Brown Landone in his September article entitled "Pain is Always the Voice of Divine Protection." Mr. Landone points the way to perfect harmony and freedom from pain.

Rev. George C. Golden writes for September on "The Ultimate Form of Oral Treatment," which opens the way to a realization of "the power that gives substance to all living."

September *Nautilus* will bring you another Coué article by Herbert Coolidge, "Beating Coué to Couéism." Mr. Coolidge presents something that will deeply interest the parents of small children.

Harriet Bradbury will tell you about "The New Thought of Other Lands." She refers to Coué's work in France, and the spread of New Thought ideas in Japan.

Mr. Towne's Views and Reviews will include one on "Are You Seeking a Magic Formula?"

DO YOU KNOW SOMEONE LIKE THIS?

On my desk is a letter from a woman who lives in a little Iowa town. Her letter is so interesting that I am going to pass on the gist of it to you.

"One year ago today I was in the last stages of what is known as 'blue funk.' I flew off the handle at every opportunity. My housework piled up in the corner and I developed crow's feet and a fringe of scold locks which hung down about

Important Notice To Nautilus Subscribers

If you find a yellow expiration notice and order form attached to this space it means that your subscription expires with this issue UNLESS your renewal has crossed this notice in the mails. Please renew at once so as to avoid missing an issue and to save the expense of removing and replacing your name on our list. IF YOU WILL RETURN THE YELLOW ORDER BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20TH OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR \$1.00. We can afford to give you an extra month for prompt renewal.

THE ELIZABETH TOWNE CO., HOLYOKE, MASS.



Elizabeth Towne

"It Contains A Fortune"

"It contains a fortune in value if you practice the exercises given," wrote ELLA WHEELER WILCOX of Mrs. Towne's booklet, "How to Wake the Solar Plexus."

Over 200,000 copies sold.

And Mr. C. B., of San Francisco, wrote: "I studied and practiced the Solar Plexus book and today instead of a broken down, nervous wreck, I am a new-made man. Feel like I did when a boy of twenty."

This odd little book contains deep breathing exercises of special value. It teaches that the Solar Plexus is a center or storehouse of power and energy. This center is aroused to activity by deep breathing and other exercises and then radiates nerve energy to the whole body.

This book will help to outgrow worry, fear, anger, etc., and to develop concentration.

"I sent for 'Solar Plexus' and practiced its teachings. Am thankful to say I have not paid a doctor's bill since, and have better health than I ever had."—Mrs. B. C. C., Oklahoma City, Ok.

Price of "How to Wake the Solar Plexus" is 28 cents. Or we will give a copy free to any NEW subscriber, with one year's subscription to *Nautilus* at regular price, \$1.00.

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The Reading of a single article has often changed the whole after life of a person. *Nautilus* has made over thousands. Lend a hand to the needy by passing your copy on and suggesting they subscribe.

Say you saw it in NAUTILUS. See guarantee, page 5.

my collar. My once melodious voice had vanished and when I shouted my tone sounded like someone tearing a rag. I was so tired I hated to do anything.

"One day I read an advertisement of *Nautilus* and immediately sent a trial order for the magazine. The minute my weary eyes rested upon the cover I felt a thrill in my heart. From cover to cover, and back again, I read the magazine. Each time the rain of love and life poured over the soil of my parched life. By the time the next number arrived I was trying to speak softly, and from then on to now is like a glorious dream that still goes on.

"My fading hair again has golden tints among the brown, my scold locks have disappeared, my color is healthy, and I have gained twenty pounds. You should see me tread on air when I walk forth. My friends say it is a second blooming, but I know it is permanent. My son of five is manageable now, his heart is tuned with mine. I have had time to tune up my violin, and such a joy it is to find my added tone power. I have had published many little articles and poems—more dreams fulfilled. Discouraging environment has vanished, and right here in the midst I have found a new circle of warm friends and filled all the chinks in my heart with love and attention."

Don't you know someone like the writer of the above letter who needs the *Nautilus* in his or her life?

Thousands of the good friends of *Nautilus* have sent us new subscribers since we announced the Silver Jubilee Price of \$1.00 a year. This month we hope to hear from those who have not yet responded.

Remember, we are counting upon YOU to help us keep the price of *Nautilus* at \$1.00 and extend the help and knowledge of the magazine to new people.

NAUTILUS SILVER JUBILEE CELEBRATION.

You have been most generous with your support in the way of new subscriptions during the past month, and we thank you.

As a result of your action, *Nautilus* will reach thousands of new homes in August.

With the co-operation this month of those who have not yet taken part in the celebration by sending a NEW subscriber, the work of *Nautilus* can be so extended that the editor's homecoming will be, indeed, a pleasant one.

"I enclose herewith one dollar (\$1.00) in payment for my subscription (new) for the *Nautilus* for one year. I have been a reader of *Nautilus* for many years, and was formerly a subscriber. I congratulate you most heartily upon the occasion of your Silver Jubilee, and upon the fine appearance of your May number, and you certainly have my best wishes and blessing for all your undertakings. The three contributors whose writings seem to me the most helpful—(excepting the editors, whose articles are always most helpful)—are Orison Swett Marden, Brown Landone and Lucile Perry Ames, in the May number. The

three special departments which I find most inspiring are 'Things That Make for Success,' 'Family Counsel' and 'Little Visits.' Rejoicing with you over your quarter century of publication, and with all good wishes for your prosperity and greater service in the years to come, I am, very cordially,—(Miss) C. E. H., Buffalo.

THERE are no trivial things in life. The biggest mountain is made up of grains of sand. The ocean is but a drop of water. Therefore I will now know that the smallest thing that I do, feel, say or think is leading me closer and closer to the goal of my desires *because I will* to feel, do, say and think only that which will help me on the way.

—AGNES MAE GLASGOW.

THE AMERICAN SCHOOL

METAPHYSICS PSYCHOLOGY CHRISTIANITY



IN addition to the CO-OPERATIVE STUDY CLUB work conducted through the special department in *Nautilus*, the American School offers the following individual and class work:

HOME STUDY

Two Home Study Courses of Training are now ready as follows:

1. **FOUR MONTHS' PERSONAL PRACTICE COURSE FOR BEGINNERS:** *Text lessons and booklets* (1) "Four Lessons in the Realization of Health and Success," (2) "Just How to Wake the Solar Plexus," (3) "How to Concentrate" (price for the three \$1.60, postpaid), all by Elizabeth Towne.
2. **EIGHT WEEKS' PRIMARY PRINCIPLES CLASS STUDY COURSE,** for Individual Study.

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A plan for Class Work is offered whereby all members of a group may study and practice leadership together.

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4. **FOURTEEN WEEKS' STUDY ON THE CERTAIN WAY TO SUCCESS AND LEADERSHIP:** Text material includes "The Success Process," with "Outline for 14 weeks of Study," all by Mr. Brown Landone; price, \$10, complete. A wonderful course for class study as well as individual. With five sets, cash with order, the "No. 3 Class Work" will be included without extra charge.

5. **PHYSICAL TRAINING** for individual use: "Twenty Minutes From Physically Fit Applying a New Principle: The Principle of Immunization," by Wilburn H. Graves, M. D. Lesson form, price \$1.10, postpaid.

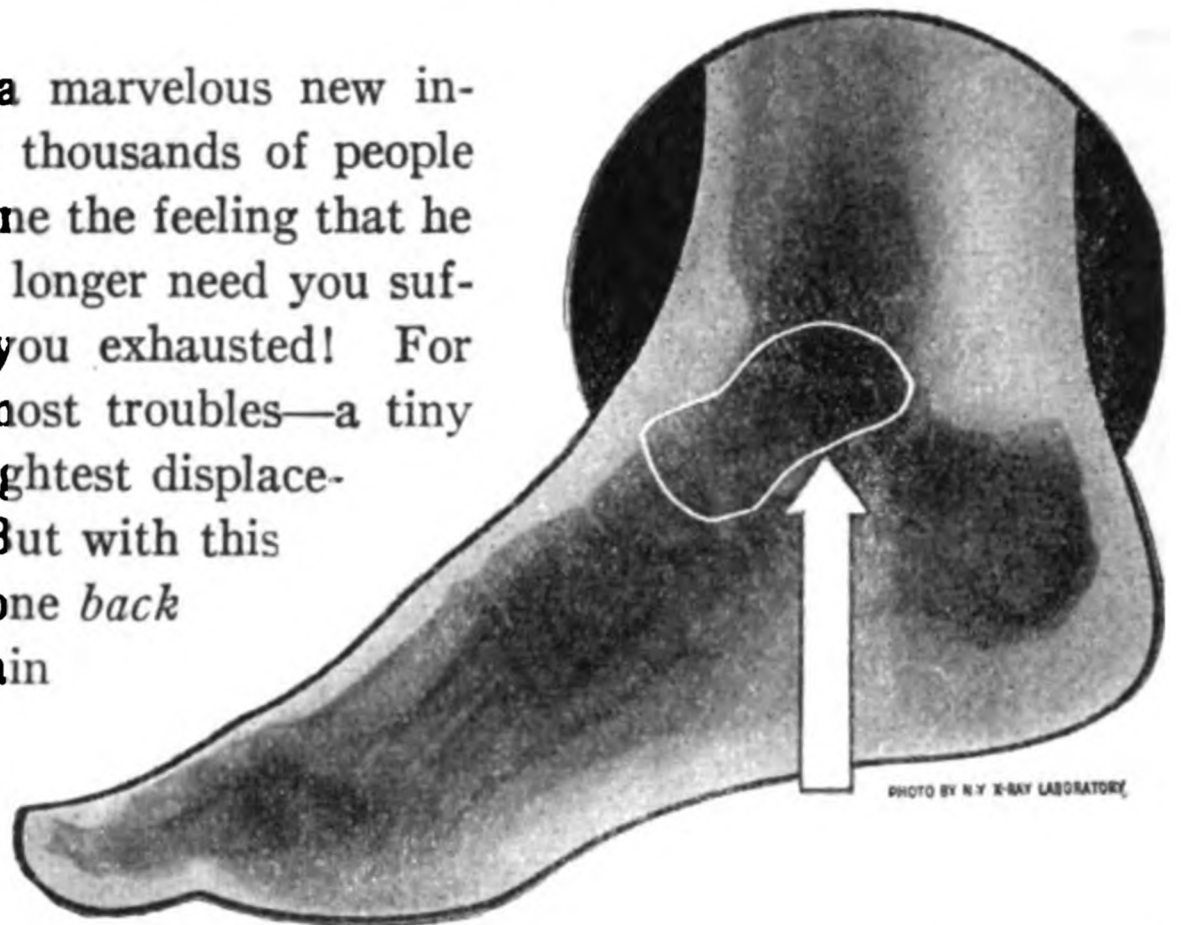
CREDITS of 5 for each lesson may be achieved by each individual student (total 70) in any one of the four American School Courses with **FIVE POINTS EXTRA** for the leading of a class. Leadership may well be rotated among the class members. All credits count toward degrees.

PROSPECTUS and terms sent upon request. **THE AMERICAN SCHOOL OF METAPHYSICS, PSYCHOLOGY, CHRISTIANITY**, 247 Cabot St., Holyoke, Mass.

Say you saw it in NAUTILUS. See guarantee, page 5.

Millions Suffer Foot Tortures -because of One Tiny Misplaced Bone

FOOT specialists have just perfected a marvelous new invention—which is instantly relieving thousands of people of their foot pains—and which gives one the feeling that he is actually *walking on layers of air!* No longer need you suffer those terrible foot pains that leave you exhausted! For scientists have found the real *cause* of most troubles—a tiny misplaced bone in the foot. Even the slightest displacement of this bone means terrible pain. But with this new invention you can gently work this bone *back* into place, with the result that every pain disappears—*instantly*—as if by a touch of a magic wand!



How Startling New Discovery Corrects the Trouble—and Relieves Foot Pains Instantly!

SCIENCE now proves that 99 of every 100 foot pains are caused by a displacement of the astragalus bone—a small bone at the top of the foot arches. This bone supports your whole weight. It is held in place by tendons and ligaments. But often these tendons become weakened. This tiny bone is then forced out of place. The result is fallen arches.

The arches are the "springs" of your body. They absorb the shocks of walking. But when the astragalus bone gets displaced, the arches lose their spring. Then the whole weight of your body falls solidly on the delicate bones and muscles of your feet, causing all sorts of foot misery. The muscles become twisted out of place, sensitive bones are placed under terribly unnatural strains, delicate nerves are tortured.

How New Invention Works

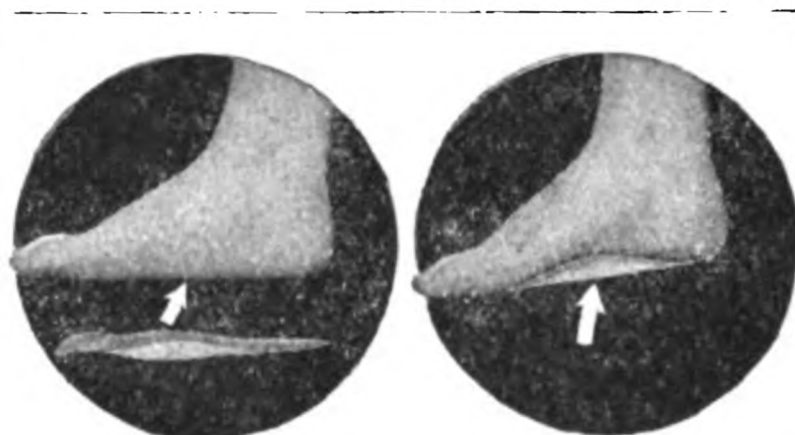
The old way of treating fallen arches made no attempt to bring permanent cure. The arches were merely forced into position by using hard, unyielding braces or props. Instead of strengthening the foot muscles that support the arches, these rigid props actually weakened them because they did not exercise the muscles.

But how different is this marvelous new invention, called the Airflex Arch Support. It is made of Russian Sponge Rubber, and is in the form of a light springy pad scientifically formed to the natural arch. It can be slipped into any style shoe, yet were it not for the comfort it brings, you would never be aware of its presence.

With a gently even pressure at all points this resilient rubber at once raises the fallen arch to its natural position, gently working the displaced astragalus bone back into place. This instantly releases the pressure on the sensitive nerves and blood vessels, and takes all strain off the weakened muscles.

Brings Permanent Relief

As this light springy rubber yields to your weight, it reproduces exactly the natural spring of your arch! Its constant compression and expansion with every step massages, exercises and strengthens the muscles in a natural way—quickly bringing back their old-time strength.



Note the Instantaneous Results!

The new Airflex Arch Supports, which slip into your shoes, are different from anything known before. No rigid appliances; no braces; no straps; no trouble of any kind. Yet the flattened arch is lifted gently back into place, pain is instantly banished—aching bones and muscles are instantly soothed. And ever step you take strengthens and builds up the torn and twisted ligaments until the foot becomes normal once more.



The beauty of it all is that results are evident instantly! The moment you put on these wonderful supports all pain vanishes and walking becomes an actual pleasure.

Send No Money

Simply fill in the coupon, giving the exact size of your foot as instructed below. Don't hesitate to order by mail for every day we fit hundreds in this way. When the postman brings you your supports just pay him the amazingly low price of \$1.95 (plus a few cents postage) in full payment.

Slip the supports into your shoes. Walk on them. Then if you are not amazed at the wonderful relief and comfort they bring, simply return them after 5 days and your money will be instantly refunded. Mail the coupon today—now.

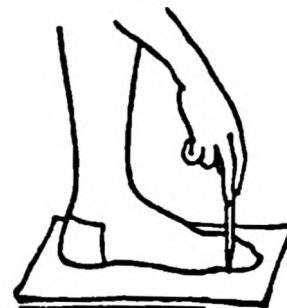
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Dept. A-478, 43 West 16th St.,
New York City

LOW PRICE INTRODUCTORY OFFER COUPON

THOMPSON-BARLOW CO., Inc., Dept. A-478

43 West 16th Street, New York

Send me, at your risk, the proper pair of your new Airflex Arch Supports. I will pay the postman \$1.95 (plus few cents postage) with the full understanding that there are no further payments. If I am not satisfied after wearing them, I will return them in five days and you are to refund my money without question.



If not sure of shoe size, stand on piece of paper—trace outline of stockinged foot. Hold pencil upright. Enclose this with coupon.

Name

Address

City and State

Size of Shoe..... Width..... Men's... {} Women's {}

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The Light of the World

JESUS realized that men and women living in this practical, common sense world needed many different things for their comfort and happiness. Even at the time when He was here, they needed food, and clothing, and shelter, and love, and music, and the means of travel and transportation. And the needs of present-day men and women are not very different from the needs of men and women who lived in Palestine nineteen hundred years ago.

Jesus Himself had all of these things. He wore good clothes, ate good food, and went when and where He willed. The comforts and luxuries of some of the best homes in Jerusalem and other cities and towns were His whenever He chose to avail himself of them, and among His intimate friends were many men and women of wealth, refinement and high position. In the text illuminated by the ray of light at the top of this page He tells how to get these things.

The tragedy of the whole matter is that so few people have received the things for which they prayed, and that so many good Christians are poor, and sick, and disappointed, and miserably plodding along toward the end of life sustained by the hope that the next world will be better than this one. Some who have prayed in vain attribute their failure to lack of faith. Others have concluded that Jesus had in mind some kind of vague and intangible spiritual rewards when He said people could get the things they desired by praying for them.

THE REALIZATION SYSTEM, Law Exchange Building, Jacksonville, Fla.

I accept your offer to send me free and post-paid a copy of Judge Simmons' message, entitled "Realization," with the understanding that I thereby incur no obligation of any kind whatsoever.

Name
Street or R. F. D.
City State.....
N.8-23.

Whatever else Jesus might have been, or might not have been, He was a great teacher, had uncommon practical sense, and expressed Himself in clear and simple language. He was not a practical joker, nor did He give His people a stone when He knew they wanted bread. When He said, "What things soever," He meant, "*What things soever.*" Nor can it any longer be said that the failure of so many millions of people to get the things for which they prayed was due to lack of faith. This failure was due to the *wrong* kind of faith. The fault was in the quality of the faith, and not in the quantity. The text at the top of the page requires that one who prays for a certain thing shall believe that he is already possessed of it, even as he prays. The American version of the New Testament puts this belief in the past tense—"believe that ye have received," etc.

But can you believe that you have already received something which you know almighty well you have not received? The chances are thousands to one that you can't do it. And believing that you *shall* receive will not get you anything, however fervent your faith may be. The wonder-working science of Practical Psychology, among many other remarkable achievements, has devised a number of simple little methods whereby one may induce himself to believe for a moment that he has already received the things which he intensely desires, or prays for, thereby enabling him to comply with the terms prescribed by Jesus, and actually to get the things he desires.

Judge Daniel A. Simmons, one of the most widely known practical psychologists in the world, has enabled a great many men and women to get the things they intensely desired, or prayed for—magnificent homes, fine jewels, vastly increased incomes, marvelous healing of diseases, important promotions, coveted positions, abundant success in business and professional affairs, and many other such like things. The Judge has written a plain and simple manuscript message, entitled, "REALIZATION" which will reveal to you your marvelous unused possibilities, and point out to you just why and how you can get the objects of your desires and prayers. We will be glad to send you a copy of "Realization," fully postpaid and

Absolutely Free of Charge

if you will merely fill out and send to us the coupon at the lower left-hand corner of this page. We suggest that you fill it out and send it now, before something else crowds the matter out of your mind.

The Realization System of Practical Psychology

Say you saw it in NAUTILUS. See guarantee, page 5.

Be Sure To Read: "Making the Most of Our Mentality" Page 21

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THE NAUTILUS

ELIZABETH TOWNE }
WILLIAM E. TOWNE } The Editors
CHESTER HOLT STRUBLE, Managing Editor

Edwin Markham
Orlson Swett Marden
Claude William Chamberlain
Paul Ellsworth
Brown Landone
Elisha Wallace

These are
Some of
The Nautilus
Contributors
For 1923-1924
Others
Coming

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ALBUQUERQUE, New Mex.—Unity Truth Center, Jim Coffman, 1224 North Second Street. (M)
AURORA, Nebr.—Mrs. J. N. Cassell, 1004 16th st.
BALTIMORE, Md.—New Thought Center and reading room, 603 N. Paca st. Rev. Grace A. M. Diggs. (Col.)
BOSTON, Mass.—Mrs. Mary E. T. Chapin, 158 Newbury st. Mid-week meeting. (M)
 —The Metaphysical Club, 177 Huntington av., Fri. 3 p. m., Sun. 8 p. m. (M)
 —Astrological and Occult Book Center and New Thought Library, 687 Boylston st.
BOURNEMOUTH, England.—Mrs. Helen Rhodes Wallace, Leader, 127 Lowther Road. (M)
BRIDGEPORT, Conn.—The Bridgeport New Thought Center, 62 Cannon st. (M)
BROOKLYN, N. Y.—Radiant Center, Mrs. T. Shondy, 950 Greene av. (M)
BUFFALO, N. Y.—New Thought Society, Library, 795 Elmwood av., Tues. and Thurs. at 8, Sun. at 4 p. m. (M)
 —League for the Larger Life, 152 Elmwood av., 2 to 5 and 7 to 9 p. m. Tupper 8511-R. (M)
CHARLOTTE, N. C.—Truth Center, Dr. and Mrs. J. G. Robinson, 433 South Church st. Thurs., 8 p. m. (M)
CHESILHURST, N. J.—New Life Fraternity, Mrs. Grace Collins, 59 New st. Woodbridge, N. J. (Col.)
CHICAGO, Ill.—First Unity Society of Chicago, 500 Capitol Bldg. 159 N. State st. Louise Perry leader. (M)
CINCINNATI, Ohio.—New Thought Temple, 1216 Mercantile Lbr. Bldg. Mrs. May Cornell Stolber, Leader. (M)
 —Cincinnati Unity Center, Frederick Elias Andrews, Burnet House, 309 Vine. Daily 12 and 2. (M)
CLEVELAND, Ohio.—Truth Center of Divine Science, 725 Hickox Bldg., Mrs. Mary A. Prince, leader. (M)
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COLORADO SPRINGS, Colo.—New Civilization Center, Mrs. M. S. Rosignol, 118 E. Dale st. (M)
DALLAS, Tex.—Unity Self Help Circle, 1631 Pine St. Mrs. George W. Kaeley, Secretary. (M)
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DENVER, Colo.—The Colorado College of Divine Science, 1819 E. 14th Av. Rev. Nona L. Brooks, Pres. (M)
DES MOINES, Iowa.—Nautilus New Thought Center, Miss Juanita M. Meyer, 409 Brown Hotel. (M)
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EDINBURGH, Scotland.—Edinburgh New Thought Center, 37 Castle st. Library. (M)
ERIE, Penn.—Erie Truth Center, 322 Commerce Bldg., Mrs. Josephine Schabacher, leader. (M)
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 —Mrs. Margaret Coan, 2505 S. Barr st. Fri. 8 p. m. (M)
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HONOLULU, T. H.—New Thought Center, Room 35, Alexander Young Bldg., Katherine B. Guest.
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BOOKS AND LIFE

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AUGUST 1923

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The head of the great Broadcasting Corporation of America, George Schubel, has used mental **VISUALIZING** at every step in his progress. Within a few years' time he has demonstrated a fortune of \$100,000, a large and successful business, friends, health and "everything that heart can desire"---all of which he attributes to his use of **VISUALIZING**, as explained in "Seeing Our Mental Pictures Through."

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How two young people visualized a home

On page 109 you will find the detailed process by which a home was **VISUALIZED** into reality from seemingly meagre material. This instance clearly shows that the power to create is **WITHIN**, and does not lie in material conditions so much as in the direction of the mental forces.

Mental images of the man who became twenty-four times a Millionaire

On page 64, how James Tyson saw a desert "blossoming as a rose"; saw fences where no fences existed; saw water where only sand appeared; saw flocks and herds where there

was only a barren waste. Later all these things were made present as the outward, visible appearance of what had existed *potentially* in the desert and which were brought into the world of reality through James Tyson's power of **VISUALIZING**.

How to Visualize \$1000

On page 86, the exact process of visualizing \$1000. How the visualizing is carried over into the creative realm. How to "turn the light" on our imaged picture. How to "see it in the right light" which will help it on to grow into reality.

How Applied Psychology and Visualizing was used in selling

On page 111 a most interesting account of the steps by which a business man applied psychology methods and used **VISUALIZING** to sell his large business according to the terms which he had selected. How he made the bill of sale **REAL** to his inner vision. How the vision became *feeling* and then an outward reality.

"Our so-called future", says Mr. Schubel, "is nothing more than the mental prototype established in our consciousness *now*, and this thought-image is the reality of the outward thing, condition, circumstance or environment which will manifest itself outwardly to us in the future.

It was not by chance that Mr. Schubel visualized himself into an environment of wealth, love, health, happiness. The **PRINCIPLE** that he used and the **METHOD** by which he applied it is found in this book, and can be used by anyone.

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Discovers Amazing Way to Grow Hair

Alois Merke, Founder of Famous Merke Institute, Perfects New Method Which Brings Results in a Few Days

WILL baldness soon be a thing of the past? So it would seem—at least if we are to judge by the remarkable results being performed daily at the Merke Institute, Fifth Avenue, New York. For here hundreds of men and women—many of whom were almost completely bald—are rapidly acquiring full growths of wonderfully thick luxuriant hair, without even a trace of bald spots. As for dandruff and falling hair, these ailments are banished almost instantly through this new treatment.

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At the Merke Institute, Alois Merke has treated scores of world famous stage and social celebrities, many gladly paying \$1,000 for the marvelous restoration of hair effected. But desiring to place his discovery within reach of rich and poor alike, has perfected a method whereby



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Please send me a copy of your free booklet, "The New Way to Make Hair Grow," which describes the Merke Institute home treatment in detail.

Name

Address

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QUESTING JOY

By FLORENS FOLSOM

HAPPINESS, one day,
 Set out upon her way,
 Resolved, some heart deserving, to make gay;
 She looked through windows wide,
 Lace-frosted; spied
 Within, bright scenes of merriment and glee:
 "They have no need of me,
 "So occupied with dancing, drinking, feeding
 "They seem; they'd stare, unheeding
 "My real, true meaning, if I entrance made."

She reached a street to make stout hearts afraid,
 So dark it was, beneath the L-road's shade;
 So mean it was; poor; ugly. Through a pane
 Small, clean, she peered: she saw a woman, plain
 Of face, unlovely-dressed; yet fresh, and neat;
 Her smile was sweet,
 Her eyes were mild and calm. Her lips moved; said:

"For my good bed,
 "My food sufficient; for my neighbors kind,
 "I bless and thank Thee, God! Though I am blind,
 "Others can see, who read to me; I live
 "Contentedly, on what Thou will'st to give."

Happiness came
 Into that tiny room, like a white Flame;
 Within that woman's heart
 She dwelt, and taught those lips the Singer's art;
 Now Joy she sings,
 And all the world to her worn doorstep brings
 Love, richer than all gems of the World's kings.



NAUTILUS MAGAZINE

Self-Help Through Self-Knowledge

MONTHLY
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EDITORIALS

by Elizabeth Towne

Celebrating the Silver Jubilee Year of Publication of This Magazine

*"Build thee more stately mansions, oh, my soul
As the swift seasons roll!
Leave thy low vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Till thou at length art free,
Leaving Thine outgrown shell by life's unresting
sea."*

—Holmes' "The Chambered Nautilus."

To the Mother of the Boy Who is "Beyond Control".

ALL of your troubles are MADE BY YOURSELF, not by the boy.

The fact of the matter is, that *you* made the boy what he is! It was you who indulged him, and scolded him, and fussed at him when he was a little boy, and failed to give him the LOVING DISCIPLINE which fixes in children the habits that we call "good"—the habits of sleeping and eating at proper times, of getting up at proper hours in the morning, and attending faithfully and cheerfully to one's duties.

This kind of LOVING DISCIPLINE should have been used from the very day of the boy's birth, and should have been kept up cheerfully and faithfully. Unless a mother gives enough of this loving discipline before the child is eight years old, then she can depend that by the time he is ten years old he will be completely out from under her control.

And now your boy is fifteen years old, and you have no more power over him to "make him be good" than you would have over me to make me be good, or over your husband.

Face the truth: THE BOY IS BEYOND YOUR CONTROL.

And he is *not* the "bad" boy that you affirm: he is a perfectly good boy who did not get the proper kind of loving discipline when he was a little fellow. He is not "bad": he is a case of arrested development. And it was you who made him what he is. And now he is beyond your control.

So the question is, not how can you make the boy over so that you can "control" him, but what to do under the present circumstances. He never again will be controlled by you.

The only thing you can do is to ADJUST YOURSELF TO THE BOY, love him, have faith in him, and wait a while and you will see that *he will make something good out of himself in spite of what you did not do* for him when he was a little boy. All life is a development in *self-control*, vs. outside control.

All your own troubles, in your mind and in your body, come from this eternal fighting on your part *to make this boy over*. You might just as well try to *make* a man out of a chimpanzee, as to try to make your boy over now. It is too late!

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The Boy is Now Making Himself Over.

BUT it is never too late for a boy to MAKE HIMSELF over: and if he gets the proper sort of kindness and good cheer and *respect* from his mother, or his father, or from others with whom he associates, he will be inspired to make himself over all in due

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time, so that he will come nearer to being what everybody calls "a good man".

All your *fighting* against him is just postponing the day when he will take charge of himself and make himself over according to the urge of the Christ within him.

Every time you permit yourself to *think* that the boy is abusing *you*, you are simply *lying to yourself*—it is *YOU* who are continuing to abuse the boy!—in your mind, and in your talk to him and about him.

The only way you can change the situation is to **CHANGE YOUR MIND**: recognize that you, his mother are at the bottom of these conditions, that you have made the boy what he is. Read my little "How to Train Children and Parents" if you want to get a fuller view of this situation and of *how* you are to blame for the boy.

Be assured that, in the deepest sense—as God sees you!—you are not to blame at all—you did the best you knew how and no doubt you were an improvement over *your* parents, in the training of your boy. But you did not give the boy the *right kind* of discipline and *faith in him* as perfectly good, and doing his level best to grow into a good man.

But there is a way to help him now: cut off your sins of abusing him, in your thoughts and in your words, and begin to **RECOGNIZE THE CHRIST IN HIM**. Treat him as if he were Christ!—treat him as if he were the best boy on this earth. Begin to call him **GOOD**, in your thoughts and in your words to him. Love him, cheer him, find a way to *make his home free and happy for him and his chosen friends, whoever they may be. Just in proportion as you do this, you will find him responding and trying to please you. In no other way can you accomplish the thing you have at heart.*

Here is an **AFFIRMATIVE PRAYER OF RECEIVING** what you desire, to be spoken to yourself seven times every morning, and again seven times at night just before you go to sleep; and during the day time you are to use it only when you find your mind running on the wrong kind of thoughts, the unhappy thoughts about your boy, or to him. Here it is:

MY BELOVED SON, I HAVE NO POWER OVER YOU, BUT GOD'S DIVINE LOVE WORKS IN YOU TO MAKE YOU LIKE JESUS, A SPLEN-

DID MAN GOING ABOUT DOING GOOD. YOU ARE GOD'S OWN PERFECT CHILD, HE DOETH THE WORKS OF GOOD IN YOU AND THROUGH YOU. I LOOSE YOU AND LET YOU GO GOD'S WAY. I LEAVE YOU TO GOD, AND I GIVE YOU MY LOVE AND BLESSING IN ALL THAT YOU DO AND SAY. GLORY TO GOD IN US BOTH, WHO IS THE ONLY POWER AND THE ONLY GOODNESS, IN WHOSE IMAGE AND OF LIKE SUBSTANCE HE MADE YOU. NO MATTER HOW YOU SEEM TO ME OR OTHERS, YOU ARE NOW GOD'S PERFECT SON EXPRESSING HIM IN HIS PERFECT WORLD. EVERY DAY IN EVERY WAY WE ALL EXPRESS GOD BETTER AND BETTER, GLORY TO HIM IN US ALL.

Be sure to read my little child training booklet and the little "How to Wake the Solar Plexus" booklet, read them over and over again, get into the spirit of love and let your light shine.

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Encourage God to Express!

HELP your son to do what **HE** desires, and glorify him when the thing he does is in your eyes good. His *real* desires are **GOOD**, God's desires in him—desires for happiness, freedom, love, commendation, to give service that will bring smiles, not frowns. The real desire has been discouraged from expressing: it is *your* opportunity to **ENCOURAGE** him to express his true desires.

Do not criticize him when his doings are not what you call good! He will outgrow those habits by the power of God within himself. Not by anything that you can do from the outside, or anybody else.

Instead of scolding him in the morning when you call him, go stand outside his door and sing a song to him!—sing that war time song, with the words changed to these: "I **LOVE** to get up in the morning. I **LOVE** to get up in the morning!"

If you have a victrola, start the victrola record for a good march of some kind. Say nothing critical to him—simply mind what I have just told you.

Sing a song sweetly outside his door, and

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repeat it two or three times! The surprise of it will wake him up at first! Then turn on the victrola! Change your tune *as the Spirit within you desires*.

When he comes out of his room *smile at him*, and say something cheerful! Never let him see you with a frown. You may depend that having a fight early in the morning may ruin the day for both of you, and will tend to all those things which you dislike.

So get busy and smile, and sing the songs of waking up!

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Sex, Booze, Reformers and Life.

“**T**HE Psycho-Analysis of The Reformer”, by Joel Rinaldo, with foreword by Andre Tridon (Lee, New York): I imagine that the author portrays his own psychology!—He seems bent upon reforming prohibitionists. He portrays reformist psychology very well, because he portrays his own. And pretty nearly everybody else’s, to some extent. He gives an exaggerated psychology of practically 90% of all the women in the world, and at least 75% of all the men!—For every woman is eternally trying to reform or make over her husband and her children, is she not? Of course. And most men are trying to reform their business, or the business of somebody else.

Rinaldo traces everything back to sex, a la Freud. No doubt everything in the world does trace back to sex, in the same way that all the limbs of a tree trace back to the roots. The trouble with Rinaldo and with Freud et al, is that they seem to take an abnormal interest in exposing those private parts—they seem to think of nothing else.

Why should we trace all of our modern actions and re-actions back to Oedipus and Electra? Why not still farther back to the perfectly wholesome Adam and Eve before they went Oedipus-ing?

The only good I can see in it is, *first*, that it reminds us that we all came from the same kind of beginnings and, on the road up we shared the same complexus; and *second*, that those beginnings were just as “evil” and just as pure, good and divine as anything else in creation.

William Towne says: “The trouble with Freud et al is that they magnify the power of the Oedipus and Electra complexes and

fail entirely to remember THE DIVINE ORIGIN AND POWER OF EVERY MAN. Having uncovered a complex why not go still farther back?”

Perhaps the one great contribution of Psycho-Analysis to the world, is in digging down and bringing forth to the light which sanitizes all things, those things which hitherto have been kept secret and dark—where “worms work i’ th’ bud”.

Every impulse in the human being is LIFE, and comes from the ONE DIVINE GOOD.

Summing up the effects of reading this little book on “The Psychology of the Reformer”, I find that it helps me to understand myself in the same way that a cartoon with its exaggerated features does; I see my own psychology better for having read it, but I repudiate the exaggerated theses which justify booze on grounds of sex. Sex as we see it may be a makeshift anyway, which the world is outgrowing along with booze—who knows?

Heaven is coming on earth, and “in heaven is no marrying nor giving in marriage,” said Jesus. I am not at all sure that anybody knows just what Jesus meant, but I am sure that if free flowing booze is the price of sex, then Infinite Life will find a better way of expressing itself.

Do not get your cart before your horse: sex neither creates nor perpetuates life.

Life IS, eternally, and YOU are IT.

And life eternally invents new ways of externalizing itself. It is bounded by nothing. All things are Life’s own, and all are good—until Life invents something still better.

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Glory to God and to Ella Wheeler Wilcox and the Market Place.

TWENTY years ago and more, numerous persons condemned Ella Wheeler Wilcox because she wrote truth articles and poems for “those awful Hearst publications”, through which her writings reached many millions of persons every day. While *Nautilus* was reaching a modest 10,000 or so.

The Spirit is always telling us to go out into ALL the world and preach to every creature in any and every way in which we can do it.

And the truth of the matter is that, but for Ella Wheeler Wilcox and Hearst, the world

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would now be at least *ten years* farther back on its path of progress in truth, than it now is.

The money received from the advertising pages of *Nautilus* is providing funds to *carry the truth of New Thought into hundreds of thousands of homes all over the world.*

God bless the ADVERTISERS who are blessing the world through *Nautilus*.

Remember this editorial when you hear some misunderstanding one call it "commercial" for a New Thought magazine to carry advertisements.

And remember too, that this cry of "commercialism" connotes commercialism in the mind of the crier, and dates back to the time when religion was kept in one compartment of consciousness for Sunday use, and the other six days were unblessed as "secular", and devoted to personal profit. This consciousness about commercial things is no longer prevalent, glory to God.

We know that we can do all things on all days to the glory of God; and that "commercialism" is to him who "commercialism" thinks in his heart—in his judgment of others.

Nowadays we know that God is all, all is spirit, all is good, and we serve Him in the market place and the advertising pages as well as in church or in sermonizing.

All the walls of limitation are NOW DIS-SOLVED and God's marvelous abundance of Love and Blessed Dollars flows to you, and to me, from everywhere.

Glory to God in the market place.

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You Are the Sun, Shining!

WHAT ARE you IN GOD, in your Real Self? "Think on these things," and your body will reflect them perfectly. This is THE PROCESS by which "this mortal shall put on immortality."

Rawson's "mist of matter" comes from THINKING MATTER instead of THINKING INFINITE SPIRIT. As we realize the truth, that we are SPIRIT and that so-called matter is the reflection of our thoughts: as we realize this we think more of GOD WHO "DOETH the WORKS" and less of the "works" themselves, the body; and the "mist of matter" (i.e., thoughts of matter as more real than God) lifts like fog before consciousness of the SUN OF GOD, which you ARE in Spirit and in Truth.

If You Don't Like Your Body.

IF you don't like your body as it now appears you can change it, by THINKING GOD. That is, by thinking out your REAL nature, which is Infinite Spirit or Love, instead of finite body, limitation.

If you think body is the real of you, you are afraid; you shrivel and shrink and are dis-eased; in due time death relieves you.

If you THINK GOD is your Real Self, your body a changeful REFLECTION of your Real Self, then fear and tension relax, and Faith and Love fill you with Truth, Life, Lightness, Joy, Peace, the Will and the Power to bring Life, Light and Good Deeds to others.

PRACTICE IN THINKING GOD, instead of body, makes perfect bodies and nothing else takes its place.

A FRIEND of mine wrote a booklet advertising a product. Being a salesman and not a literary expert, he took his manuscript to a Harvard professor. The Harvard professor purified it, but the manuscript was ruined in the process. The salesman was wise enough to throw the purified product into the waste basket and use his original copy.

The whole secret of this writing business is to say what you have to say, so that people will understand you without wasting their time or energy.—*Thomas Dreier.*

REMEMBER that if you make the idea of Omnipotent Good and actual reality in your mind, no evil from the thoughts of others can reach you. Realize that you are absolute lord of your own self. Be fearless, be just, be kind; have compassion for your friends, but do not sympathize with their troubles. Troubles talked about and thought about, increase. Blessings counted, increase. This is the law. Do not worry about outside influence, but set to work putting *inside influence* right.

—Lowell Fillmore in Weekly Unity.



The Publication

Affirms the
UNITED NATIONS
of the **WORLD**



A Solvent For the Ills of Life

By ORISON SWETT MARDEN

I KNOW of a case where a lesson of inestimable value was taught a young girl who had come face to face with her first great affliction. She was naturally full of life and fun and had always been a favorite in society. Having the faculty of entertaining others happily, she was never without friends about her, until in her grief she poured her sorrows into the ears of her companions so often that they ceased coming. Meeting them one day when they were chatting gaily over something they had heard, she asked them why they had ceased to visit her, now when she needed them more than ever before. "Some of you used to drop in every day, why do you stay away now?" she pleaded.

One of the young girls, with frankness which was cruelly rude, replied, "It's like going to a funeral every day to call at your house now. You used to be the jolliest girl in the set, but you don't know how we dread being treated to a deluge of tears every time we call; and you talk of your troubles all the time."

"You will never have the chance to say that again!" replied the girl, hurt and angry as she turned away from the one who had been so unfeeling. But it was a lesson to her of inestimable value never forgotten in the years that brought real troubles and cares.

The whole world loves the bright, cheerful soul, whose presence chases away gloom as the sun drives black threatening clouds from the sky. A sunny face is a solvent for all sorts of ill which nothing else will cure. If we could early learn to keep sweet, to have that sort of courage which sees the light ahead long before the dawn, it would not matter what misfortune or trouble might come, it could not harm us. A sunny disposition and that priceless sort of moral bravery that smiles in the face of threatened disaster will enable one to weather any storm.

And yet, if there is anything in the world that some people delight in, it is talking about their ailments, describing their troubles, the different kinds of diseases or sicknesses they have had, the crisis they have passed through! How such people love to dwell upon their experiences in the hospital, when they had the fever, for instances, and came so near

dying; or when they passed through that terrible ordeal on the operating table!

There are untold numbers of people who are invalids or semi-invalids largely from the habit of constantly relating stories and descriptions of their ailments, their physical troubles. Their whole system is packed, saturated with the accumulation of frightful mental poisons, the health-destroying pictures of disease symptoms and all sorts of ailments. They are constantly doing the very things which tend to aggravate and perpetuate their troubles.

One who admits to himself and to others that he is sick is sick indeed; but one who declines to make such an admission, and cheerfully goes on as if he were well, conquers many an ailment which, if he had succumbed to it, might have proved serious. Cheerfulness is the prime secret of health. It keeps one well. It keeps one young.

"If the boy didn't have good stuff in him I wouldn't bother with him at all," said a business man recently about his gloomy-looking secretary, "but he is a good stenographer, can write a first class letter, and can meet people with tact and confidence—so long as they treat him the way he thinks they ought to—but when they don't—bloody! He goes up in the air, or gets on his dignity and sulks. Even I have to handle him with gloves. He can't stand criticism. If I find fault with him, the temperature in his vicinity goes down to forty below zero. For hours, even for days he answers in monosyllables, and goes around with an injured air. I feel sometimes like kicking him out of the office, but he's a good secretary, and anyhow, I just hate to see him 'queer' himself that way. But I know he will never get ahead as he should if he is going to keep this up."

Hundreds of young people are kept back in their efforts to get along in the world because of their gloomy, morbid outlook upon life. I know able men and women, well educated and well fitted for their callings, but so sensitive and moody, that they never rise to the places to which their abilities entitle them. They radiate gloom throughout their environment. They carry about with them most of the time a sense of injury which

not only makes them unhappy, but also mars their efficiency.

If all of us, especially the grouchers, the pessimists, and the disgruntled folks generally, only knew the power of a smile as a solvent for all sorts of friction and ills, the world would be a much happier place in which to live.

No other one thing pays such dividends as the cheery sunshine which we scatter wherever we go. There is nothing in life which will give such satisfaction as the habit of being kind and considerate, the habit of radiating sunshine, joy and gladness.

If you mean business and are determined to get on in the world, you must put yourself in an attitude of cheerful receptiveness for every bit of knowledge and all the better methods, better ways of doing things that you can get hold of. No matter where it comes from, whether from office boy or boss, it is your business to absorb knowledge, to profit by mistakes and criticisms, to gain skill and expertness in every way possible. These are the steps upon which you will climb to something higher. They may not prove easy steps but there is no other way to win out than to turn your stumbling-blocks into stepping-stones.

"Nothing can disturb his good nature," said another business man of one of his employees; "that is why I like him. It does not matter how much I scold him or find fault with him, he is always sunny. He never lays up anything against me, never resents anything".

This is recommendation enough for anybody. Who can estimate the value of a nature so sunny that it attracts everybody, repels nobody? It opens without effort doors which morose natures are obliged to pry open with great difficulty, or perhaps cannot open at all.

"Fate itself has to concede a great many things to the cheerful man." The man who persistently faces the sun so that all shadows fall behind him, the man who keeps his machinery well lubricated with love and good cheer, can withstand the hard jolts and disappointments of life infinitely better than the man who always looks at the dark side. A man who loves shadow, who dwells forever in the gloom—a pessimistic man—has very little power in the world as compared with a bright, sunny soul.

I have seen men wrangling and almost at the point of blows, when one with a sunny

disposition entered the room, and in five minutes the storm was all over. It was like pouring oil on a troubled sea that had threatened to swallow a ship that was battling for its life.

You cannot quarrel in the presence of a man who wears a smile on his face and in his heart.

People who take life so very seriously, who think that it is an awful responsibility to live, people who are sad because they say life is short and full of suffering and who are always impressing themselves and others with the idea that they must be "up and doing while the day lasts, for the night cometh," etc., do not realize that they are making their minds negative. They do not realize that joy and gladness, the habit of good cheer, are tremendous uplifting, creative forces. The mind must be spontaneous to be effective, and the sad, serious soul, obsessed with the idea of what an awful thing it is to live, is not normal.

The time will come when a person who goes about among his fellows displaying a sour face and ugly disposition, radiating gloom and pessimism, will be considered an enemy of his kind, and will not be tolerated in society.

It is just as much our duty to be cheerful and to carry a good-will attitude toward our fellowmen as it is to be honest. It is every one's duty to turn to the world a smiling face, a face that is full of hope, that radiates optimism, that indicates that the race is moving God-ward, that things are on the Heaven-ward trend.

"Away with those fellows who go howling through life," wrote Beecher, "and all the while passing for birds of Paradise. He that cannot laugh and be gay should look to himself. He should fast and pray until his face breaks forth into light."

It is the inner light that shows forth in the face. If you would look sweet and keep sweet you must be sweet. You must think pleasant thoughts, and have a kindly, generous, magnanimous feeling toward everybody. If there are enemies in your mind, enemies in your thought, they will all reproduce themselves on your face.

If you want to be a joy bearer, a sunshine center, form the habit of flooding your mind with healthful, wholesome, happy, kindly thought pictures. This is the way to drive out their opposites,—gloom, sadness, jealousy, ill will, all sorts of bitter thoughts. Good

cheer depends upon the mental guests you entertain.

People who radiate sunshine have a faculty of turning the common water of life into the most delicious wine. Their cheery salutation; their coming into a home is like the coming of the morning after a long dark night. Their smile acts upon a sad heart like magic. It dispels the fogs of gloom and despair, as the sun dispels the mists and the miasma which hang over a stagnant swamp. These sunshine characters are public benefactors. They are the unpaid boards of health who look after the public welfare.

Nobody but himself may be helped by the money millionaire; but everybody is enriched who knows or comes in contact with the millionaire of good cheer, and the more he gives of his wealth, the more it multiplies. It is like the seed put into the soil—the more one sows, the greater the harvest.

To be able to laugh away trouble is greater fortune than to possess the mines of King Solomon. It is a fortune, too, that is within the reach of all who have the courage and nobility of soul to keep their faces turned to the light.

Deep, Deep Down In Our Hearts

By BROWN LANDONE

Article XIV—Your Poverty Is the Proof of Your Unused Wealth.

O THOU poor, stricken, stinting, sparing, scrimping, self-stiffling soul, dost thou desire forever to go thy way along paths of pinching poverty?

Dost thou desire to look forever out upon the world with hungry feverish eye, longing for those things which thou dost think are not for thee?

Dost thou desire to feel the cruelly cutting cords of contracting poverty, forever tightening and tightening, binding and binding thee closer and more close?

O soul—yea, thou of feverish eye and hungry mien—throw it all aside and laugh, laugh, laugh at thine own folly!

Laugh and be joyful in that thou hast within thyself the source and substance of all the wealth of earth!

"All substance is mine," saith the Lord!

And all wealth is of soul!

If the MIND of man perceived no useful need of iron ore, it would value itself as dirt in all the earth!

If the SOUL of man felt no desire for gems and jewels, they'd sell for pennies on the street!

Thy soul is ever the source and substance of all unlimited, untold, unused wealth!

And, thy poverty—O hungry skimping soul—is the proof that thy wealth is virgin, still untouched.

Delve deep, mine far, and the treasures of divine supply shall be in thy hands for thy good, forever!

YOU may or may not consider yourself poor; but you *do*—and there is no "may or may not" in this—feel the lack of things or attitudes you know it is right for you to possess materially, mentally, ethically or spiritually.

Wealth is of the soul. Wealth values—even money values—exist only because of the mind's ideas or the soul's desire.

No *thing* or *material* is of any appreciable value in itself except the human mind gives it value. Things become factors of wealth only as the mind or soul desires or uses them. It is *ideas* and *feelings* that give wealth value to matter,—that creates wealth. Hence all that is wealth is of the mind or soul.

There is very little value in the *material* of tiny bits of rubber; yet Lippman made \$100,000 out of his *idea* of inventing the rubber pencil top.

There is very little value in the *material* of tiny particles of wood, each but one-fourth as big as a match; yet Sturtevant made several million dollars out of his *idea* of inventing the wooden shoe peg!

There is very little value in the material of a cheap imitation-gold collar button; yet the inventor of the collar button that turns down at the back received annually for many years a royalty equal to the annual income of an estate of \$6,000,000.

The material in a needle is not of great value in itself; but the man who invented the needle for the sewing machine received an

annual income equal to that of an estate of \$12,000,000.

All wealth resides in *ideas* or *feelings* about the use or possession of material things. Diamonds have a wealth value only because of the human *feeling* of desire. They are not plentiful and many people *desire* them,—hence, their value.

Wealth is a quality of the soul, not of matter.

Consequently, poverty is proof that you have not uncovered the untold and unused wealth within yourself.

Keep these truths in mind while I tell you a true tale.

The story is of a young man whom I shall call Carl. Several years ago I was spending the summer at Aix-les-Bains in France. One afternoon, as I was sitting in my little garden, this young man came in upon me. He was young and handsome; fine bearing, walked like a gentleman; talked like a gentleman.

In fact, he appeared as a gentleman in all ways except two; first he seemed to have lost the gentleman's consciousness of himself for he appeared to be a beaten man, a defeated man who showed that he knew it; second, he was not dressed as a gentleman dresses. His clothes were poor; they looked as bad as those tramps wear in our own country. He had no other clothes except those he wore.

I asked him what he was then doing.

"Picking olives."

This may not be significant to you unless you know that olive pickers often sleep under the trees, prepare their food on the ground, and receive for their work the lowest pay of the region.

He had no money. His bearded face was explained by the fact that he had no razor and no such thing as a cake of soap or a towel, so much needed by those who pick olives at day and sleep on the ground at night.

He told me his story: He came of a fine family that had lost its money when he was thirteen. As a youth he had always wanted wealth and had wished to gain it quickly. As he grew older his mind had taken up one get-rich-quick scheme after another. He had studied New Thought; he had attempted using it, had misapplied it, and had suffered defeat after defeat.

He had gone to America to get rich. He had gone to the gold fields of Nevada. There he had slaved and lost out. Working as a waiter on a ship, he went to Hawaii. There he slaved and lost out. He went to Indo-

China, and then from one place to another until, back in France, he appeared in direst poverty in my little garden.

He begged me to give him work, saying that he wished no salary if I would but give him a place to sleep and something to eat; he added that he had heard of me and hoped he might learn something of what was the matter with himself. This last point is significant, especially for our purpose.

"It makes you suffer greatly to live thus, doesn't it?" I asked him.

"With certainty," he replied.

"Will you please walk to the gate and back?"

He did so.

"Why, young man," I said, when he had returned, "you are worth a quarter of a million francs. Why don't you collect your income?"

He looked at me. He did not tell me in words what he thought of me, but his eyes did. They said, "Is the man joking or is he daffy?"

Let us leave the story for a moment to point out how his poverty had proved to his own consciousness that there *was* wealth in his soul. Later, I shall continue the story to tell you how he made not only a quarter of a million francs but more than a million!

He would never have come to *me* for help if there had been no soul consciousness of wealth within him. He had recognized the failure of trying to find wealth within material things and conditions. If he had not come to that conclusion he would not have said that he "hoped to learn what was the matter with *himself*". Even though he was not conscious of it at the time and even though his conscious mind was not clear about it, yet his abject poverty had been a proof to his soul that his wealth was yet undiscovered. His poverty stricken condition was proof to him that all his past efforts to discover wealth in material things were misdirected; it indicated to him that true wealth resides only in the wealth of the soul.

Let us return again to the story:

"Yes," I repeated, noting the look in his eyes, "you are worth 250,000 francs right now,—perhaps a million francs! I wish you could see yourself as I see you; could appreciate your bearing, your walk, your manner, and realize how much your soul longs to express itself! You have wanted material abundance, not for the purpose of hoarding wealth, but to give your soul greater expression."

"But I don't know what you are marching at! Are you joking with me when you say that I, myself, am worth—now—a quarter million francs?"

"I am not joking; from a business standpoint, your walk, your bearing, your intelligence, your love of expression and your ease in expression, are easily worth a quarter million francs, if not a million. You can be one of the best 'movie actors' in France. The wealth is within you."

I took him at his word and put him to work. In a month he had saved enough to dress himself presentably. Then I sent him to Paris. In six months he was drawing his weekly salary in thousand franc notes. Today, he is a wealthy man. For years he had been looking to material things as a source of wealth, while all the time he, himself, was carrying around with him vast undiscovered, unused wealth.

Consciousness of poverty is always proof of unused wealth. If you are poverty-stricken or if you are poor or if you merely lack abun-

dance, uncover the wealth within you and use it. No one else can be justly blamed if you do not do so; nor can society nor conditions nor circumstances be blamed.

The wealth is within you; and if you wish it, it is for you to use. If you do not use it, do not expect others to pity you. Certainly, I shall not do so,—for pity is not help. When you have a million dollars' wealth in your pocket-book of your soul,—how can I pity you if you beg for pennies at the street corners. But, I love to help,—to help you realize that you do possess the million dollars, that you do carry it with you all the time, that it is yours to use if you but desire to do so.

Thy soul is ever the source and substance of unlimited, untold, unused wealth!

And, thy poverty—O hungry skimping soul—is the proof that thy wealth is virgin, still untouched.

Delve deep, mine far, and the treasures of divine supply shall be in thy hands for thy good, forever!

Making the Most of Our Mentality

By DR. JOSEPH HOWARD GRAY

WE all know how important is physical equipment, but good physical condition and good appearance are of secondary importance to mentality. A person whose physical appearance is deficient may overcome that deficiency to a great degree if the mental makeup is attractive; how immeasurably better off is he than the one of good physical appearance but lacking the essential mental qualities.

As one's habits may be revealed by clothes, so mental endowments are reflected in the body and particularly on the face. The manners, tone of voice, gestures and the general bearing indicate character, either good or bad. The mental life is portrayed on the physical body. There are men of ordinary physical qualities whose faces reflect so much of character, purpose and power that others, almost without hesitating, allow themselves to be led by them. The Soul speaks through the features of the face and because it does we should live as we wish to look.

As the mental states are so closely related to the bodily states we must learn how to

make the most of them as well as to know how to care for the physical body. The tremendous importance of the law of habit, the necessity of cultivating attention and concentration, the understanding of the relation of the will to our successes and failures, the features of memory, are all worthy of considerable attention. To understand these things will help us to understand ourselves and to know others.

Of course we are all more or less familiar with the central nervous system and that health, happiness, peace and prosperity depend largely upon our mental attitude. The brain being the central station of human power receives the impulse to act and sends the order to the muscles of the body. The action of the brain cells causes what is known as the association of ideas. One may hear something that brings up scenes of the past and the memory makes them live again. Ideas are never isolated; in fact they do not exist in a detached state. The first word of a line of poetry suggests the next. The words of a song suggests the music; the music sug-

gests the words. When two brain processes have passed in succession, the recurrence of one will recall the other.

The principle of suggestion is founded on the law of association. Ideas, sounds, sights, feelings, suggest one another as well as other ideas. The greater the resemblance between two things, the greater the force of association. It is the law of similarity that causes suggestion by resemblance. The law includes any ideas or objects that bear any likeness to each other, whether in looks, in sound, in feeling, or in method.

A suggestion is an impulse that comes to a person from without. Anything from without, word, motion, object, touch, etc.—that brings up some mental picture or sets in motion a train of thought that continues of its own accord is a suggestion. Suggestions that are of real value may be gathered from every hand. A book, an address, a few remarks, may start thoughts moving in the right direction. In the same way, unless evil is resisted, suggestions of the wrong kind may start thoughts moving in the wrong direction and weaken character.

Auto-suggestion is suggestion used by a person upon himself. Charles Dickens found it necessary to prance about, gesticulate, and talk to himself while creating his characters. He put himself in a certain mood and acted upon it, and the character was evolved from the Self-Suggestion. Mere suggestion creates nothing. A person may become a great musician only if he has the soul of a musician and understands the technique of music, no matter how often or how strongly he suggests it to himself. Suggestion simply uses a natural force to develop powers already present and helps to utilize whatever stores of knowledge a person may possess.

But when a man gathers new material for thought, develops ideas from every side, profits by experience and endeavors to make himself more effective, that one will not find it difficult to achieve glorious results from Auto-Suggestion.

Auto-Suggestion compels a man to rely on himself. He stands squarely on his feet, with confidence in each movement and enthusiasm in his heart. With it he will accomplish what he desires. When he realizes the truth of "He can who thinks he can" idea he has grasped the secret and is beginning to learn how to make the most of his wonderful mentality. Right thinking is the important

thing. One cannot continually think right and then invariably act wrong.

Visualize the ideal person that you would like to be; continually say to yourself that you desire and will have certain traits, and act as if you had actually acquired them. We are imitators. The small boy consciously and unconsciously imitates his father—or his older brothers; older men imitate more than they usually realize.

Attention is the basis of Concentration, the process involved in focusing the mind on some particular object or objects. Someone has said that genius is only prolonged attention. People who concentrate easily lose the least energy while doing the most efficient work.

Benjamin Franklin relates in his autobiography that at one time early in life he decided to make a definite venture to arrive at moral perfection. He made a list of thirteen virtues allowing a page to each. Under each virtue he wrote a precept that gave it fuller meaning. Then he practiced each one for a certain length of time. He checked off each day by a black spot some particular fault that he had not overcome to his satisfaction. He carried out this personal examination for several years.

At the age of seventy-nine he ascribed his health, fortune and confidence of his country to thus making the most of his mentality and good habits.

We are all aware that a thing becomes easier the oftener it is done, until it becomes second nature and is performed without the slightest effort. People walk, talk, work with no effort of will. Just as a stream cuts, and files its way down through the rocks, so habit tends to make a path in the plastic brain; and the longer the habit is continued, the deeper becomes the path.

Practice makes perfect. Carlyle said: "Habit is the deepest law of human nature." He also said; "It is our supreme strength, if also, in certain circumstances, our miserablest weakness."

Oliver Wendell Holmes said: "Habit is a labor saving invention that enables one to get along with less fuel." Habit directed as it should be is one of the greatest of life's blessings. But the habit of narrowness, peevishness, self-pity and, as some will, talking of physical ailments is life's greatest curse.

The mind is capable of far greater exertion than most people imagine. Besides sleep, it needs only occasional change to overcome weariness. If we would only begin at once

on the great things we are reserving for the future what wonders we could accomplish through the law of habit.

Aim at the habits that will make you most efficient.

The building up of character is determined

largely by the decisions within oneself on matters that others may know nothing of—decisions that are made not for others' praise or favor but because they are right. Harmful things can be avoided by thinking of what is good. "As we think so are we."

Happiness and Duty

By NELLIE RIPLEY HARRIS

WHAT is happiness? An instinct deeply embedded in the nature of mankind. We feel comforted when we do what is right, we feel restless and disconsolate when doing wrong. While moving along the path of duty, happiness often pursues us; but if we neglect duty and seek pleasure only, we often find misery and unhappiness.

It is good to feed the soul on the words and books of optimists; the great minds that can see that evil is over ruled by good; that hope is a tonic and tranquillity a sedative; that there is no station so low, no occupation so humble; no temptation so severe, but that the soul may ride victoriously over its misfortunes.

The pessimist is a gloom spreader. He puts the emphasis upon the unpleasant things and looks about for blemishes, blighted leaves and withered flowers. He remembers the disagreeable things, the mistakes and failures and is skillful in the use of mental burrs and thistles. He will always drag the corpse in at the banquet.

Happy the disposition that can reconcile trouble and happiness and create prosperity out of misfortune. He who would be a great soul in the future must be a great soul now. If you would be happy, scatter joy about. Be contented with your past and fulfill the duty that has been appointed. Every task is unique, every temperament is solitary, never copied and never repeated. The humblest worker should practice self reverence.

There is nobility in the handicrafts. Christ was a carpenter. He said, "I work, and to every man his work." Carlyle said, "In God's name, work—produce something. Idleness breeds misery. We make our task menial or beautiful by the spirit we throw over it."

Say what we will, money is a source of happiness. When wealth is defiled it has borrowed its corruption from a bad man's fingers. Sensible men of wealth do not use their money

for gluttony, selfishness, and tyranny, but exploit it in creating business for the employment of cultivated labor and give every man a chance to earn a decent living.

The mean selfish man who has grabbed his wealth through special privileges and uses it to employ men, women and children at a pitiful wage, can be looked upon only as an imposter and destroyer, filling all the land with broken health and broken hearts and ruined homes. God's intention was that wealth should be administered and turned to forms of usefulness. Money was made to use, not to hoard.

Wise legislation should bring about an equality of rights and privileges and give everyone a chance to be contented and happy. The man who gains great wealth has a genius in that direction. He should have a sense of gratitude for this gift and leave the world greater and happier.

Zeno said, "The soul bursts into full bloom and beauty in the voice." Tradition tells us that when Plato was an infant, a swarm of bees lighted upon his lips—not to sting him, but to clothe his tongue with sweetness for those who loved the right, and to clothe his tongue with sharp stings for those who loved the wrong.

With the tongue we can praise God or curse men, sow happiness or gloom about. One hawk can put to flight a thousand birds and turn their sweet songs into the silence of the desert. It is the coarse nature that uses brutal speech to trample upon less fortunate people.

The scandal-monger may be of some benefit. In the southern states the buzzard lives unmolested. He flies over the country cleaning up the filth and makes the atmosphere more sanitary. In most every neighborhood there is a scandal-monger who looks after the conduct of her neighbors. People

try to behave a little better and walk more erectly when she is near.

It would be a good practice to keep a happiness book and drill the tongue into kindness, purity, and refinement. He who loves a good book can never be entirely miserable, and he who dislikes books can never be wholly happy. The structure of society and civilization is founded upon the books of great men. The forces of a lifetime and vast sums of money have been spent by explorers, scientists, geologists, astronomers, geographers, historians, and biographers in acquiring for us the precious knowledge, the fundamental facts that make us acquainted with the world in which we live.

No one can read all books. The skimming from book to book gives no solidity, no strength of scholarship. It is best to read the wisest books and to study that which is our special need. Reading the works of the great authors every five or six years will keep us stronger mentally.

God gave the truths of poetry and philosophy to the world, not by writing them on the sky with an angel's finger, but by incarnating them in the souls of Shakespeare, Moore, Longfellow, Bryant and Emerson and having them write them down for us so that we might read them and learn the truths relating to our spiritual lives, that broadens our consciousness and sympathy.

The greatest tie between human beings is sympathy, for this is the beginning of understanding. Father and son, mother and daughter will remain strangers in spite of the closeness of their relation unless there is sympathy between them. I once knew a minister who said his life had been saddened

from childhood because he was a weakling physically and his father who was a stalwart man seemed never to want him in his sight because he hated inferiority in size and strength. Owing to the harshness of his father he left home when very young. He said, "I hated weakness, and the purpose of my life has been to become great enough mentally to make up for my defective body." He won spiritual happiness in spite of the fact that he seemed born under a malignant star. How true does Emerson say, "Our strength grows out of our weakness. Not until we are pricked, and stung, and sorely shot at, awakens the indignation which arms itself with secret forces."

No man shall be free until he understands himself, until he controls his appetites, and transmutes selfishness into love. Man is primarily a spiritual being, a creative agent, a member of a divine common-wealth, where his true function is spiritual service.

Beneath the surging march of forces by which we are carried forward there is in each and every one of us an awakening soul. The circumstance of our inequality, ill health and personal bondage, are precisely the conditions through which we may learn not only how to express the divine, but by that expression to free humanity. James Whitcomb Riley says:

*"Who bides his time, and fevers not,
In the hot race that none achieves,
Shall wear cool-wreathen laurel wrought
With crimson berries in the leaves;
And he shall reign a goodly king,
And sway his hand o'er every clime,
With peace writ on his signet-ring,
Who bides his time."*

Brain Development

SAYS Professor J. Millott Severn, the English phrenologist, in *The Brighton Daily Citizen*: You recently asked: To what extent is the brain capable of development? As a practising phrenologist I have come to the conclusion that the human brain is capable of development as long as the mind's powers are kept vigorously at work and active, and this is shown by an increasing development of the size of the head in all active brain workers. Mr. Lloyd George's head has increased in size during the last eight or ten

years from nearly twenty-three inches in circumference to twenty-three and one-fourth inches. The late Mr. William Stead's head increased in circumference from twenty-three inches to twenty-three and three-eighths inches between the ages of forty-two and sixty-two. The head, in fact, continues its growth so long as the mind's powers are kept actively employed. This being a demonstrable fact, it imposes a high moral obligation and responsibility upon every intelligent human being.

Recognition: The Birth of Genius

By REV. GEORGE C. GOLDEN

GEORGE Eliot defines genius as the capacity for hard work. She might also have added, for her life proved it, that genius was a capacity of love for that particular work. The difference between dogged industry and inspired genius is that in the latter there is an inward urge and direction that carries the worker along with a song in his heart and a hope in his eye. From the external standpoint, we may say that the product of the former is paid for at so much per day, the fruit of the latter may be invaluable.

Grayson, in one of his books of Adventures, tells of making an axe handle. His sister informs him that he can purchase an excellent one for a dollar. He replies, "If I said that I were going to make a book, you would not inform me that I could buy one for a dollar; why is an axe handle different from a volume?"

Why is it? It isn't, in the light of genius. It is when a man finds that he is a creator that he opens the door to genius. It does not make any difference whether he is creating gardens of poems, the touch with Spirit is the same. He feels that he has contacted a Spirit in himself that thinks, judges, aspires, loves and serves. To be more true to this Spirit each day becomes his ambition. And he finds that the little contact with Spirit that he has made will grow and expand until he knows that he is in touch with all-wisdom, all-life, all-power, all-love. From then on, he ceases to be an imitator of other men, he no longer slinks among them to steal their ideas, for the Master Mind is his guide. Outwardly he appears a man remarkably independent and self-determined, inwardly he is a man who waits on Spirit.

This life of genius is a life whose pleasures pass expression and whose paths wind through places of inexpressible peace. But the beauty of this life is that all may know it—at least in a degree. The woman neighbor across the way who loses herself among her flowers is tasting the joy of genius; so does my friend who can't count his hours when he is in his garage working on a machine that has always been in excellent order. These flashes of genius are not entertainment for an idle moment but the "urge" of Spirit coming into its own. In the one moment that genius reveals itself, we may begin to trace the golden thread of destiny. Recognition of Spirit in us is the birth of genius.

But a word of caution is unavoidable. Insanity and genius are apparently twin brothers. Perhaps insanity is too strong a word, so let us name it hysteria. There are people who seem selfishly to have as much pleasure from this form of emotional hysteria as does a genius from his work. Care must be taken to distinguish in ourselves between the two, for the awakening from hysteria is humiliating and tragic while genius knows no awakening for it is itself essentially awake. The best test is that of the Master: "By their fruits ye shall know them." Are the fruits of your employment fruits that humanity enjoys in love or beauty, in progress or peace? If they are, then you have genius. If it stands this test, then you know that you have touched the source of all life and as you draw from this source, your own happiness will be increased and your service to your fellow-men will be precious beyond price.

Look Up and Look Out

By FANNIE MEDBURY PENDLETON

HAVE you lost sight of your star?
Look up.
Do you feel discontented?
Look in.

Are you above your place in life?
Look down.
Are you sorry for yourself?
Look out!

New Thought Cures a Deaf Baby

By Mr. and Mrs. J. J. K.

ONE lovely Sunday morning, Joseph, my husband, took the baby out for an airing while I prepared our dinner. Strolling down the street Joseph met a balloon man and purchased a nice big red balloon for baby, tying it to the hood of the baby carriage.

On arriving home Joseph tied the balloon to baby's wrist and came upstairs, baby in arm to show me their purchase. Delightedly baby jerked the balloon up and down and curiosity suddenly overcoming him, he poked his little finger into same. There was a sudden explosive noise, Joseph and I jumped, baby gave a terrible scream and a few moments later only a piece of rubber remained—the balloon had exploded.

Baby cried and cried the rest of the day and throughout the night. We tried to purchase another balloon but could not—we talked and soothed the youngster, but he did not seem to hear us. A peculiar sort of blank wondering expression appeared on his face—he no longer laughed if you sang to him—he did not turn his head when his name was called. We took him to the doctor who pronounced baby deaf—temporarily treated him for months with no results.

I changed doctors, went to specialists, had baby in the hospital, X-rays were taken, treatments of all sorts were tried, but baby was hopelessly deaf. Resigned to the dreadful fate I tried to accustom myself to the thought of baby being deaf.

One morning along with our usual mail, the postman delivered a magazine—*The Nautilus*—belonging to a lady in the next block.

I took it upstairs, idly read here and there, others' experiences with New Thought stirred my heart hopefully.

With baby's eyes attentively on me, I stopped in my work maybe twenty times a day and raising my hand, index finger pointing upwards, made various mouth sounds, ask baby "Listen!" All my spare hours I spent drawing baby's attention to sounds, always fatefully, insisting, believing that baby hears a little, will hear more and more!

After five months of faithful practice, I noticed that baby was beginning to observe more readily things happening around him. Then one afternoon, I was taking a lemon cream pie out of the oven when in some way it dropped out of my hand! The sound of the spinning pie plate, with my outcry, as the hot custard scaled my hand, *awoke* baby who was fast asleep in the next room. When in unbelievable happiness I rushed to baby, he was sitting up in his crib, wonder in his eyes. I picked him up, took him to the victrola, played several pieces for him and he seemed to hear. When my husband came home we tested baby's hearing in many ways, at times he heard—then again did not—I told Joseph of my New Thought practice and he studied up the theory, became a sincere believer of same.

We both worked over baby, and gradually, he began to show signs of hearing, until now that he can talk a little more he responds to every sound, answers every question asked him, in his babyish way! How grateful, what firm believers in New Thought and *Nautilus* we are—no words can sufficiently express!

Giving

By ALICE A. THEWS

THE way to be happy is the way to be good,
For the two go hand in hand;
We cannot receive if we do not give,
For giving is God's command.

The river gives to the earth its life,
And the earth brings forth the seed;
The sower reaps the harvest bright,
That gives us what we need.

The mountains give their wealth of gold,
And the valleys give even more,
In fruits, and flowers, and running brooks,
For nature's exhaustless store.

Good thoughts are gifts we all can give,
And they sooth like the morning dew;
They banish the wrong that makes us ill
And change the false to true.



Views and Reviews

By William E Towne



SPLITTING THE LIFE STREAM.

WHEN an individual is in a mentally healthy, normal condition, his life energy is flowing outward in interest upon the world of reality, the world outside himself. He is creative, constructive, and finds his happiness in acting upon this outer world, in molding things in accordance with his plans and ideals.

Sooner or later every individual is bound to be confronted with a serious obstacle to his normal self-expression. Perhaps he wavers, doubts, his own ability to deal effectively with the obstacle and withdraws within himself, defeated.

If the defeat is great enough, or if the experience is often repeated, a portion of the life energy may become side-tracked within the individual where, instead of expressing normally in creative, joyous activity along constructive lines, it causes doubt, worry, confusion.

The remedy is to direct this energy once more into expression in constructive, creative work, to unite the mind on such expression so that there will be no divided interest.

You have met individuals who were so distracted that they did not know what they wanted to do. Their life energy was split into many streams by doubt, worry, inhibitions and repressions, until they could not get united mental action long enough to accomplish anything worth while.

In such a condition there is a great loss of self-confidence. The individual knows that he does not deal with life in an efficient, successful way, but he does not understand *why* he fails.

Self-confidence is built up by a large number of small victories. So long as a man is dealing with life in an effective way, so long as he feels that he is making headway and molding things in accordance with his desires, he does not lack self-confidence. But when through repeated failure his forces have been driven back within again and again, if he does not understand the cause, he may become so

full of doubt and so negative that his every effort is fore-doomed to failure.

It is not failure that keeps a man back. *It is the way he accepts failure*, the way in which he adjusts to the conditions of his environment, that determines the results. If he realizes that it is only necessary for him to again turn his attention outward, in confidence, again direct his energy to the outer world of reality, and apply himself with what intelligence and power of concentration he possesses in order to get more satisfactory results, failure will not defeat nor discourage him. It will instead aid him to correct and improve his methods of dealing with reality.

If he accepts failure, his mind ceases to work as a unit for the solution of the problem and instead his energy is expended in worry, in phantasy, seeking a hundred impossible solutions by phantastic methods. He comes to accept phantasies about success in place of actual accomplishment. He is always going to do something great, but his actual accomplishment is exceedingly small.

Just as self-confidence is built upon many small successes, so this negative condition of failure and mental distraction is created by many small defeats and half-hearted acts. To succeed in anything the mind must be concentrated. The attention must be focussed upon that ONE thing. The interest must be engaged.

To guard against the effects of monotony we should always be on the watch for new adjustments, new methods, that will feed and reward interest and thus bring increased success. So long as we go forward, we can retain self-confidence. To do this, we must be alert for improved methods of directing our activities.

Whenever you engage in any activity in a half-hearted way you are splitting your energy-stream and weakening your power for action. You are not AT ONE in your own mind. You are initiating and carrying on a mental conflict which means waste of force, worry, distraction.

It may seem far-fetched to say that one is engaging in a mental conflict because he



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reads the morning paper and eats his breakfast at the same time, yet it is true. If you sit down to breakfast and the next moment pick up the paper you are saying to yourself in effect, "My breakfast doesn't interest me so much. I'll eat, of course, but I'll also read the news." And so part of your mind is centered on the news, and part is functioning by itself in the process of eating.

You go on to your daily work. The first thing you have to do may not be very interesting. You have done it a thousand times until it has become monotonous. So, while your hands are busy with this task, your mind jumps to something else. What you did the night before; what you will do this noon; what this woman or that man said, etc., etc. And so your life energy is again split and the outflowing stream weakened.

This may continue until an unconscious habit of dissipating energy is established. The unconscious forces thus seem to work against the individual instead of for him, and he gets the idea that all the world is against him, that his "luck" is bad, that his every effort is foredoomed to failure, etc., etc.

Keep interest alive by attention and concentration, by alertness for new and improved methods of acting. Do ONE THING at a time, and do that with all your heart. Try to make EACH ACT a successful act and do not let attention wander because you are doing something that seems of small importance. Keep your energy flowing OUTWARD in creative, constructive action, and you will succeed because you have kept a united mind.

A NEW PATTERN FOR YOUR LIFE.

YOUR life is molded according to certain mental patterns. If you are getting unsatisfactory results in living your life, change your patterns.

Day by day your energy is being adapted to your experiences according to these patterns.

If you are a successful business man, you have in your mind the idea of constructive action in connection with your business, you see a *growing*, prosperous business and this idea becomes a symbol that acts as an energy

carrier. Through this symbol, this idea or mental image, your energy flows out into *expression and constructs your business according to the pattern.*

Dr. William A. White says, "It would seem that the individual was a highly specialized organism for the purpose of transmitting and transmuting energy." If your mental pattern is formed by *directed desire*, you get results that are constructive. You build in a creditable way that does not oppose the interests of society as a whole. But if your pattern is formed (as is often the case with most of us) by impulses from the Titan within, the primitive, infantile man that lives in all of us, you will often get destructive and unsocial results that may lead to unhappiness, inharmony and disease.

Where an infantile impulse controls the distribution of energy (that is, where a childish, infantile symbol or idea is supreme in the mind) there is waste, futility, failure.

For instance, a woman may satisfy her craving for admiration and applause by developing her ability as a pianist. In this way she may make constructive use of her energy, serve society and earn a living. In doing this she is acting according to directed desire, from the standard of an adult human being. But now suppose she meets with some unusual obstacle that turns her back upon herself. Or that she becomes greatly discouraged over a love affair. In this negative state she may allow the impulse of the Titan, the primitive self, to step in and monopolize her attention until it takes supreme command of the distribution of her energy. She may come to feel that she can get sympathy, attention and material support by becoming an invalid. She may not be conscious of just what she is doing, but she develops nervous "symptoms", becomes too ill to work (provided there are friends or relatives to care for her) and becomes (in her psychic life) like a child being cared for by its parents.

Just what has happened? The woman has *changed her mental pattern* and her energy is being distributed according to a childish pattern instead of a constructive, social, adult idea-pattern. "The action of a man can be nothing but the physical duplication of his mental concept."



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Dr. David Orr Edson tells of a patient who was brought up, in youth, as a spoiled child. Nevertheless, he managed to make considerable progress in music and art. His marriage spurred him on for a time. Then his income began to dwindle and his self-respect began to shrink in a corresponding degree. Soon, with no apparent physical cause, he became unwell and went to bed. Years passed and still he remained an invalid, while his foster mother supplied the money for his needs. A psycho-analysis revealed clearly that his invalidism was adopted as a childish means of escape from a situation that seemed to him to be unbearable.

Constructive ideas and ideals, in harmony with the interests of society as a whole, will take one away from the infantile plane and make for progress and happiness.

ARE YOU KILLING YOURSELF?

“PARTIAL death either of body or mind is no impossible conception. * * * It is inconceivable that, in the emotional states of certain types, we do not destroy a subtle force, or the physical sub-stratum or functional capacity of such force.” (Wilfrid Lay in “Man’s Unconscious Conflict.”)

If I denounce the meanness and lack of generosity of some relative, and especially if I repeatedly do so over a period of time, my action tends to paralyze my own generous feelings. The more attention I give to this image of my relative who is mean and stingy, the more powerfully it affects my own life, and the more the symbol absorbs unto itself my own energy, shaping it according to itself.

An idea to which we give attention, or feed with will or desire, becomes a symbol, that is, an energy carrier, a distributor of energy. The symbol that I keep before my mind distributes my energy. If I hold a certain man in thought as hateful, *I multiply my own hatefulness*. And the same is true of love. If I believe another person to be lovable, I immediately increase my own expression of love. Whenever another person acts in a way that calls forth a friendly response in my feeling, I immediately desire to realize more of the same feeling. I want to draw nearer to him, or to meet more like him,

and thus my own power of friendliness is nourished and fed. My energy is flowing out into this symbol of friendship.

It is easy to see, therefore, that hates, aversions, and all negative states of mind, may literally become destructive of life itself. By their very nature they paralyze self-expression. They lead to repression, to a shrinking from action, and inaction is death.

Hate springs from fear. It is a product of the archaic self. It is not a product of reason and the conscious mind. It goes back to the Unconscious, to primitive instincts of past aeons that were once necessary to self-preservation.

When we see ourselves as expressions of the One Life, there is no longer any reason for fear and hate. We realize that we have access to all the power we need for our normal growth and development, and that no one can take from us what is really of value; that we are greater than any outside circumstance; that the real source of our power and happiness is within and not outside ourselves.

As hate paralyzes and destroys, so love literally nourishes and multiplies life. We expand to meet and welcome that which we love. When inspired by love there is no limit to one’s power to accomplish in a constructive way. If we give our attention, our faith, our trust to those symbols that stand for love, we shall overcome fear and go forward to success and happiness. *“If perchance with the tongues of men I be speaking, and of messengers, but have not love, I have become sounding brass or a clanging cymbal. * * * Love is patient, is gracious; love is not envious; love vaunts not itself, is not puffed up, behaves not unseemly, seeks not her own things, is not exasperated, imputes not that which is base, rejoices not over unrighteousness, but jointly rejoices with truth, all things covers, all things believes, all things hopes, all things endures. LOVE at no time fails.”* (From Rotherham Literal Version.)

DIRECTING THE POWER BEHIND THE IDEA.

EMOTION is the power that breathes into your ideas the breath of life. It makes them move outward into expression in terms of reality. It acts as a powerful



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magnet to draw to you the means and instruments of expression. It opens your eyes to such methods as will bring you into the desired realization.

To succeed then, in realizing your plan or ideal, you must give it the proper emotional backing. You must direct your energies so that the ideal will become a means of expression for your emotions.

This means that you must give your plan attention and interest. You must picture all its desirable features in your mind. You must image the rewards that will come to you when your plan has been carried through to success. You must study all the features of your plan, get all the information relating to it that you can, so that your mind may have material in the shape of associated ideas with which to work out your campaign of action.

An emotion or desire grows strong through *expression*. Therefore, express mentally and physically, in all appropriate ways, the *feeling* about your plan or ideal that you wish to cultivate.

Whenever possible, express some phase of this feeling in *action*.

Keep before you frequently the idea associated with the feeling you wish to cultivate or strengthen. The mental pictures that you create about your ideal, become carriers for the emotion that supplies the power to make it into reality. The direction of the power, the currents of energy, is determined by these pictures. You should therefore be careful that these pictures really represent what you desire. Express only the feeling or emotion about your ideal that you wish to have flow into it as an animating principle. Feed, with your attention, only such feelings as will nourish your ideal. By grouping your emotions and feelings around this center, you will magnify your powers for success in the direction desired.

AUTO-SUGGESTION WILL IMPROVE THE QUANTITY AND QUALITY OF YOUR WORK.

ONE night, by way of experiment, I suggested to myself: "Tomorrow you will work easily, efficiently, cheerfully; you will dictate fluently, you will say the right word in each case, etc., etc."

In the morning I had completely forgotten the incident—so far as my conscious mind was concerned. There was proof-reading to do, there were many letters to answer, there was a general rush of things needing to be done in a hurry. In the middle of the forenoon I caught myself wondering, "What makes the work go so smoothly and rapidly today?" The same thought occurred to me several times before I remembered my suggestion of the night before.

My subconscious mind did NOT forget, and it did the work that I directed it to do, by my suggestion.

I have previously referred in *Nautilus* to Robert Louis Stevenson's "Brownies". "My Brownies! God bless them! who do one-half of my work for me when I am fast asleep, and in all human likelihood do the rest for me as well when I am wide awake and foolishly suppose that I do it myself. I had long been wanting to write a book on man's double being. For two days I went about racking my brains for a plot of any sort, and on the second night I dreamt the scene in 'Dr. Jekyll and Mr. Hyde' at the window; and a scene, afterward split in two, in which Hyde pursued, took the powder and underwent the change in the presence of his pursuer. In 'Otalla, the Count,' the mother, Otalla's chamber, the meeting on the stairs, the broken window, were all given me in bulk and details, as I have tried to write them."

THE more I study the more I think, the more I learn of men and women, the more passionately do I preach the gospel of self-expression.

As the sun invites the buds to burst into flowers, as it draws the plants from the darkness of the earth, as its caresses call the life sap through the trunks of the trees, so would I have my writing and my life invite men and women out of the darkness that enfolds them and into sunshine and the warmth of the joy that comes from the fullest self-expression. God's commands, I feel sure, are sent to us in the form of Desires.

That which we desire to do with all our strength, that which we most love to do, is what God wants us to do.

—Thomas Dreier.

When Disagreeable Thoughts Persist

By E. B.

WHEN I gave up my position and engaged in keeping house and getting meals for my husband and myself, I planned to be in every way as efficient as I had been in my other position.

Having had some experience in cooking, and by exercising the utmost care, I escaped the shedding of the proverbial bride's tears over heavy and burned biscuits.

In fact, after a few weeks of planning and replanning, things ran themselves to such an extent as to make my household duties monotonous. I continued my old line of work as a free lance, yet holding myself to regular hours of work.

While my housework did run smoothly, still there were several hours each day when I must work continuously at marketing, cooking and cleaning. One day I became conscious that my mind during this time was running along aimlessly. Later I suddenly realized, to my horror, that the character of my thoughts was positively injurious. My mind dwelt on troubles, real or imaginery, disagreeable instances which should have been forgotten long since.

In trying to find the cause of this I came to realize that never before had I had duties to perform on which I did not have to fix my whole attention.

I decided to concentrate on all I did. I also affirmed:

"I love to wash dishes!" "I love to wash dishes!"

"I enjoy cleaning!" "I enjoy cleaning."

Then it was made plain to me that I hated washing dishes; I even disliked my beautiful Lenox china. I cordially loathed my Chinese rug, when I was obliged to clean it. The more I affirmed the more I disliked my tasks. I would come to my writing literally torn and trembling.

One day I sat down and cried out in my despair:

"O please, God, I do not want to feel this way!"

The sound of my own voice startled me.

I had been a constant reader of *Nautilus*, and been greatly helped by its teachings during the period of holding a position outside the home, but I hesitated to turn to it, I felt so unreasonable and wicked within.

Nautilus is piled three years high, not in the order of issue. It had been my custom to draw one out at random. I always felt uplifted and greatly helped by whatever article I chanced to read.

As I sat gazing into space, after that involuntary cry, my eye was caught by a yellow copy in the middle of the pile. I took the magazine from the case, and it fell open to the very article I needed. The story was of a woman who developed her special talent, which, by the way, was writing, by making affirmations concerning it while she was about her household duties.

I had read the article in years gone by, but at that time it had had no practical application for me, as my work demanded concentrated effort. This reading, however, left me breathless, so applicable was it to my case.

I immediately took a card from my index box and made a list of my household tasks, and opposite each one an affirmation bearing on an entirely different subject. At first I followed those of the writer.

Within two days my writing showed marked improvement in facility of expression and originality of thought. This came as a surprise, so fixed was my mind on its objective, which was the doing of my household tasks without thinking unpleasant thoughts. This, too, I am happy to say, was more than accomplished. I soon found that my duties were better done than previously. I also came to like them. I seemed to have stopped innate resistance by this method of making affirmations on another subject.

Now, instead of one card for all tasks and one affirmation for each task, I have broadened to one card for each task, filled with some twenty different affirmations. Before beginning I choose the one that appeals to me as most needful at that particular time. Sometimes it is on health, sometimes a quotation from the Bible; at others I name a special topic I intend to write on soon.

Let me repeat, that by using these affirmations I have learned to like my simple duties, which really should be done by me, because they are so light and I need the exercise. At the same time I prepare myself for the writing which I do later.

This experience has been a great lesson to

me. I only read *Nautilus* before. I was helped temporarily by the uplift received from an inspiring article, but it ended there. I did not practice. Since this seemingly small, but to me great experience, I have gone to *Nautilus* and the books of Elizabeth Towne and Paul Ellsworth for help along every line. Not only

have I read but I have practiced. Results obtained have been marvelous.

If you are reading New Thought ask yourself this:

"AM I PRACTICING?"

Apply it to everything.

Nothing is too great or too small.

Blessings Make the Way Easy: You Can

By ALBERTA MASTIN CARTER

THE following experience in blessing may be old to some of you, but it was so new and helpful to me when told by that radiant lover of Truth, Mrs. Sophia Van Marter of New York and London, that I want to repeat it for those who have not used it.

From the secular standpoint, a certain actor was old—too old for a part in modern drama. He had tried over and over again for a position, but secured none. He had no income and his ready money was going fast. The future looked dark. When conditions approached the "deepest navy" in mental coloring, the actor consulted a student of Truth.

"Let me tell you an easy thing to do," said the latter, "get on the street car here at One Hundred and Fiftieth and ride down to Forty-Second street. To every body you see on the car and on the street as you pass say, 'I BLESS YOU'".

"I've been down to that office on Forty-Second so many times and they never have anything for me. They tell me I'm too old."

"You've always gone down expecting to have them tell you that, haven't you?"

"Well, yes, of course".

"Do just what I tell you this time and forget the past difficulties."

Once the passing car got into the crowds, the actor became so busy with his blessings that he forgot all about himself, his position, his lack of money. Almost before he was aware, he had reached his destination.

As he opened the office door, a man called out, "You're just the party I was looking for. I have a place for you at One Hundred Dollars per week."

BLESSINGS FILL A HOUSE

A WOMAN had taken an apartment house in October. She had spent Twenty Dollars in advertising and had no occupants even in January. She was told the story of the actor and advised to go into the rooms each day and bless them. She was a working woman and had to leave home very early in the morning.

She decided to get up fifteen minutes earlier each day in order to have time for the blessings.

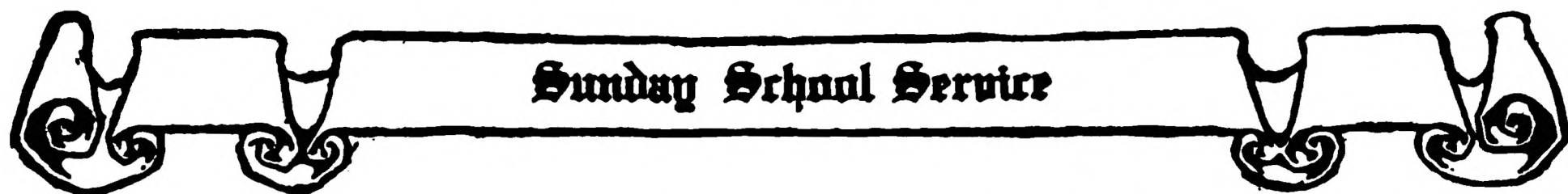
In one week's time her apartments were all FULL and remained so.

BLESSINGS QUIET THE NERVES AND RESTORE HARMONY.

THE head of a certain department in a large business was getting very nervous because some of the people under her were disagreeable. She was told the actor's story and advised to bless those people every night when she retired and every time they came into her mind.

It was so easy. The unpleasantness passed as a mist before the sun.

PHYSIOLOGICAL psychology stands upon the fact that matter is the mirror in which are seen the operations of the mind.
—George Edwin Burnell.



International Sunday School Lessons

Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons

Class Work by ANNIE RIX MILITZ

August 12. MARTHA AND MARY.—Luke x:38-42; Mark XIV 3-9, or *Truth unites the Service, Without and Within.*

Bible Reading: Luke 10:38-42; John 11-1 to 12; 8; Mark 14:3-9.

GOLDEN TEXT: *Mary hath chosen that good part, which shall not be taken away from her.*—Luke 10:42.

NEW THOUGHT GOLDEN TEXT: *When the without is as the within, then shall the kingdom of heaven come.*—Apocryphal New Testament, II Clement 5:1.

THESE sisters are the two aspects of our inner nature, Martha being *morality*, and Mary *spirituality*. External forms, methods and laws belong to Martha, while the inner work, prayer and meditation, are "the good part" of Mary's choosing. Both are good and neither is to be despised or neglected by the other—"these ought ye to have done and not to leave the other undone." Luke 11:42.

Martha's service to the Christ is the old righteousness, like "the elder brother" in the parable of the prodigal, that of always being good, while Mary's was like the repentant prodigal, a thoroughly new mind claiming no goodness of its own, humbly receptive to all that God would give her.

Mary of Bethany (her birthplace) and Mary the Magdalene (of Magdala, the city of her sin) are the same. As the Magdalene, she is described as "a woman of the city which was a sinner" in Luke 7:36 to 50, "out of whom went seven devils," Luke 8:2. The restored Mary, so pure, silent and humble, "who loved much," and therefore could be forgiven much, is a very lovely and lovable being. The Protestant church rejects the teaching of the identity of this gentle disciple and the sinful one, but Mary's flowing hair shows that she was not a reputable Hebrew maiden, whose hair was always modestly braided and bound close to her head.

Fault was found with Mary by one disciple after another, Martha, Simon (Jesus' host), Luke 7:39, 40, Judas (John 12:4), and the other disciples, Matt. 26:8. This is the reason that so few religionists are successful in keeping a Magdalene after she has been converted—the Salvation Army considers this one of its hardest problems. The good people, like Martha, want her to be put to work at once, and little faith is kept as to her continued purity. But tradition declares that Mary Magdalene became so absolutely pure that she utterly forgot that she had ever been a sinner.

Martha was saturated with the old views of death and the resurrection, so that she could not understand Jesus' words about never dying or that, if one had died, by believing on (*into*) him could rise again. "Believest thou this?" Jesus asked Martha: "Yea, Lord, I believe that thou art the Christ," "and when she had so said, she went her way." "But Mary sat still in the house."

Mary is that spirituality that comes up out of much sin, like the water-lily from the mud. Like the publican who beat his breast and prayed, "God have mercy on me a sinner," Mary was nearer the Kingdom than the careful and troubled Martha.

Combine the stories of Mary of Bethany and Mary the Magdalene, Matt. 26:6 to 13, Mark 14:3 to 11, Luke 7:36 to 50 and 8:1 to 3, John 12:1 to 7, and find this one in our prodigal nature; long separated from the Christ and suffering; finally, through complete penitence and acceptance of the Christ, redeemed and purified forever.

Silent Affirmation.

**The Christ Self removes all sense
Of Separation between the old Christians
And the new and proves us to be Christ,
By the Love we have one to another.**

August 19. STEPHEN THE MARTYR. Acts VI:8 to 15 and VII:54 to 60, or *Bearing Witness to the Truth.*

Bible Reading: Acts, Chapters 6 and 7 to 8:3. Romans, Chapter 8.

GOLDEN TEXT: *Who shall separate us from the love of Christ? Shall tribulation, or anguish, or persecution, or famine, or nakedness, or peril, or sword?*—Romans 8:35.

NEW THOUGHT GOLDEN TEXT: *I shall not die, but live, and declare the works of the Lord.*—Ps. 118:17.

THE early Christians lived a community life, for they had all things in common, and when at one time it was shown that the "widows" of the Greek converts were not receiving the care due them, the Twelve appointed seven men, as a committee to take charge of the dependents, made so, apparently, by their abandoning all for Christ.

Stephen, a man of great faith and power and full of the Holy Spirit, headed the seven "appointed over this business."

Executive, faithful, active, a man of affairs, Stephen carried out the practical providing for the disciples though not at all confined to "serv-

ing tables," but added to this material work, spiritual ministry of doing "great wonders and miracles among the people" and such speaking that the most learned adversaries "were not able to resist the wisdom and the spirit by which he spake."

And his face was transformed so that it was like an angel's, a phenomenon observed among modern teachers of Truth and growing more common daily.

Stephen's fate was that which has been described by the Psalmist (Ps. 116:15), "Precious in the sight of the Lord is the death of his saints," and the manner of the death of this first martyr has illustrated to the thousands, who have "fallen asleep in the Lord," the way to go, that glorifies the Faith that they have espoused.

Few of Jesus' followers have appreciated, or even had the knowledge about, his greatest teaching of all, the escape from, and mastery over, death. Supinely have the Christians of nearly nineteen centuries accepted death as inevitable. But today the teaching is that the greatest martyrdom (the word means "bearing witness") is *not dying* for the Truth but *living for it*, being wise and skilful enough to elude and rise above death into immortality in the flesh. Therefore in studying this first martyr, not only should the beauty of his passing be extolled, but the vision of a Stephen before whom stones would have melted as snow in the midst of flames, may supply material for a greater witness to the saving power of Truth, than has yet been given.

The opening of heaven within Stephen, giving the symbolic picture of the glory of God and the place of Jesus Christ in the power of God, has been the foundation of countless visions of the invisible, while the closing words of trust in God and plea for forgiveness of his enemies have furnished the bridge over which many a faithful one has passed into the old heaven with a beatific smile.

Silent Affirmation.

To the mind of the Lover of Truth.

Death is nothing—it carries no sting;

But Life proves itself alive forevermore
Here and Now in this body and on this earth.

August 26. BARNABAS, THE GREAT-HEARTED, Acts IV:36, 37 and Acts XI:19 to 20, or *The Power of Generosity and Tolerance*.

Bible Reading: Acts 4:36, 37; 9:26-30; 11:19-30; 12:25; 13:1 to 15:12, 35-41; Galatians 2:13; Ps. 96:1-10.

GOLDEN TEXT: *He was a good man and full of the Holy Spirit and of faith.*—Acts 11:24.

NEW THOUGHT GOLDEN TEXT: *Thy gentleness hath made me great.*—2 Sam. 22:36.

BARNABAS is first mentioned in Acts 4:36 as having originally the name Joseph (*prosperity*) and being renamed Barnabas, which means "son of comfort." Thus we have the significance of this disciple of Truth, i. e., the *harmonizing, comforting, reconciling* Thought of God.

Barnabas' first act of comfort was a contributing to the sense of being "comfortably well-off." He came into the Community of Christians as a prospering presence, "a good provider."

Next Barnabas brings Paul into fellowship with the other disciples through reassuring them that he is genuine, not a spy, and he endorsed him, proving himself a power to reconcile.

Then he ministered in Antioch for over a year, expressing great harmony and joy there. It was at this time that the disciples were first called "Christians" (Acts 11:22-26). It was at this time that a great famine was throughout the land and the Christ brotherliness was shown by quantities of supply sent to relieve those who dwelt in Judea by the hands of Barnabas and Paul.

But Barnabas' sweet spirit was not for the purpose of drawing men to worship his personality, shown by his refusal to be deified by the Greeks (Acts 14:12-14). And the harmony-loving Barnabas did not sacrifice principle in order to keep peace. He was bold to announce the full message (Acts 13:43, 46, 50), refusing to compromise with the old religion (Acts 15:1, 2, 12), and being firm in letting John and Mark continue with him in spite of Paul's resentment (Acts 15:36-39).

One of the apocryphal New Testament books is ascribed to Barnabas and it is very beautiful, deep and rich with symbolical interpretation of the Old Testament laws and customs. The Christian Fathers, Origen and Jerome, believed the Epistle to be genuine, and many since have felt that it should have been included in our canonical New Testament.

After the departure of Barnabas with Mark to Cyprus nothing further is heard about him—those "ordained to eternal life" leave no record of death.

Silent Affirmation.

By Faith I declare and believe
My whole Being, body, mind and soul,
Is filled with the Holy Spirit, the Comforter,
And I am, myself, God's Comfort to
Humanity.

September 2. PAUL THE APOSTLE.—Acts XXII:3, 6 to 10; Phil. III:7 to 14, or "*A New Creature in Christ Jesus*."

Bible Reading: Acts 7:54 to 8:3; 9:1 to 31; 11:25-30; Chapters 13 to 28; Phil. 3:4-14; Isaiah 6:1-8.

GOLDEN TEXT: *I press toward the mark for the prize of the high calling of God in Christ Jesus.*

NEW THOUGHT GOLDEN TEXT: *Christ liveth in me.*—Gal. 2:20.

PAUL is the Thought of winning Christhood, that possesses all who see the possibilities in the new life that one can live in the flesh, and the heights of attainment that one can make.

At first, all Paul's spiritual passion was with what then was the orthodox religion and he did not hesitate to persecute, torture, imprison and even to kill all that followed Christ in what he called "this way" (Acts 22:4). Our introduction to him is at the stoning of Stephen, when he held the clothes of the men who stoned him, practically taking part in the stoning. It was in one of the fiercest of these raids against the new religion that the Truth struck him like a bolt of lightning (Acts 9:19), the great light blinding him while

(Continued on page 44.)

The American School Department

Metaphysics

Christianity

Psychology

The Co-Operative Study Club

Conducted by Elisha Wallace

EVERY Subscriber to *Nautilus* is a member of this New Thought Co-operative Study Club without cost other than the \$1.00 for subscription to the magazine.

He becomes an Active Member of the C. S. C. (Co-operative Study Club) in full fellowship, by carrying on the study club work as given month by month, beginning it HERE AND NOW. Those who are faithful to the work will need no correspondence; *they will find their questions answered in the silence.* CLUB COMMUNION in the Silence aids all faithful members to the solution of their individual problems. Each for the Good of All and All for Each, the Heavenly Father "doing the works."

LOCAL STUDY CLUBS: Every Active Member of the C. S. C. may aid his friends and himself by forming a local C. S. C., thus entering into the complete benefits of Club Communion, by adding the PRACTICE, or EXPRESSION of Co-operative Study in groups, meditating and expressing together in divine freedom. Such Local C. S. Clubs should consist of from three to thirteen members, each of whom should be a subscriber to *Nautilus*; all of whom may, however, be served by one subscription, if deemed necessary.

ACTIVE MEMBERS of the C. S. C. may become **REGISTERED STUDENTS** of The American School of Metaphysics, Psychology, Christianity, by sending in a by-monthly report of work done, each report accompanied by a love offering for the support and extension of the work.

Each month's work well done counts five credits for an Active Member, with a possible five additional credits each month for successful work, as leader, president or secretary of a Local C. S. C. All these credits count toward the Master of Co-operative Practice degree, conferred by The American School. Prospectus of the School may be had by addressing the American School, 247 Cabot Street, Holyoke, Mass.

Key Thought to be affirmed by C. S. C. members in the Silence, the first thing every morning and the last thing at night, also to be affirmed at the opening of every Local Study Club meeting.

THE Supreme is in touch with me
NOW: It wishes me to be well
and it knows what will make me
well. It leads me surely to mani-
fest whatsoever I desire.

—ELISHA WALLACE.

XI. SUPREME MIND IN MAN.

BY ELISHA WALLACE.

THE purpose of the Supreme Mind is perfect life for all; the purpose of this Supreme Intelligence for you is that you should live the most abundant life possible to the degree of intellectual unfoldment you have attained. If, then, your own purpose is to live more abundantly, you are of one mind with the Supreme; you are working with It, and It must work with you. But as the Supreme Intelligence is in all, if you harmonize with It, you must harmonize with all; and you must desire more abundant life for all, as well as for yourself. If you harmonize with the Supreme Intelligence, great benefits will surely come to you.

First, you will receive wisdom. By wisdom I do not mean knowledge of facts so much as ability to perceive and understand facts, and to judge soundly and act rightly in all matters relating to life. Wisdom is the power to perceive truth, and the ability to make the best use of the knowledge of truth. It is the power to perceive at once the best end to aim at, and the means best adapted to attain that end. With wisdom comes poise, and the power to think rightly; to control and guide your thoughts, and to avoid the difficulties which come from wrong thinking. If you have wisdom, you will be able to select the right courses for your particular needs, and to so act individually as to secure the best results. And in such matters as changing climate, and so on, you can arrive at truth in no other way than by the guidance of the Supreme Intelligence.

It is possible that, in your case, the Principle of Health would be quickened by going to a different locality, or by drinking the water of some particular spring or region of country; but how can you tell? All sections have their advocates, and all springs and "resorts" have their lists of the healed, just as all patent medicines do; when you have read them all, you know no more than in the beginning. It may be that there is some simple natural food-remedy which will help healing in your case; but how are you to find it? Remedies are legion, and you might, guided only by your own limited knowledge, search for years before you found the right one. But if any of these things are needed you can surely and speedily find the right one, if you give up searching and harmonize with the Supreme.

Drop all consideration as to the merits of various climates, resorts and remedies; and live in this certain way, as directed in these lessons. The Supreme Intelligence is in touch with all, and knows all; It knows what you require, and is in touch with what you require. If there is some particular locality to which you ought to go, someone will be moved to come and tell you about it, or the way will open somehow; if there is something you ought to eat or drink, it will be brought to your consciousness. The necessary

facts will come to you and the Spirit within (God) will give you "hunches" about what to do, and where and when.

Listen to Spirit and obey.

In the moment that you cease to anxiously consider EVERYTHING, you will begin to be strongly impelled toward the RIGHT thing. The Supreme is in touch with all, and knows all; It wishes you to be well, and it knows what will make you well; if you are depending upon It, you will be surely led to that which will help you well manifest what you desire. Stop chasing "Specialists" and human "experts," none of whom really know what you need; and be led to health by the wisdom of the Supreme Intelligence within.

For the next four weeks meditate upon the following scriptures, holding the ideas in thought and

thanking Divine Spirit for the new light and new ideas which you will receive:

FOR THE WEEK OF AUGUST 5: Divine wisdom rules in all my thoughts and moves me to right action.—Prov. 4-8.

WEEK OF AUGUST 12: I am now transformed by the renewing of my mind in spirit.—Rom. 12-2.

WEEK OF AUGUST 19: The beauty of the Lord is upon me and I rejoice in Him.—Psalm 90-17.

WEEK OF AUGUST 26: God is spirit. I am spirit. Spirit is all. In spirit I trust.—Jer. 23-24.

WEEK OF SEPTEMBER 2: Spirit opens my spirit to see the glory of God round about.—Ps. 33-5.

Truths and Values

By HELEN CRANE

"Truth is the manifestation of the Spirit, and Values are the Law of Nature. Truth is therefore a Spiritual force and materialism is the valuation of Nature."—EDWIN RICHARDS.

BECAUSE in this world all signs, symbols and efforts have a material expression, mankind is apt to overlook the fact that even Nature is a manifestation of the Spirit. This world is the material plane of expression and the greatest lesson we have to learn is that of true values. The difficulty of realizing spiritual values or truth is due to the abundance of material manifestation. This concrete manifestation is evident to the least discerning, hence is accepted as the beginning, the end and the all of life; but spiritual expression or truth can be apprehended only with the eyes of the soul and then not until it has been earnestly desired.

The unrelated overestimation of material things blinds one to spiritual truth. Material expression, sought for itself has no spiritual value, but spiritual values, realized and applied, bring material proof.

There is no great spiritual accomplishment without its correspondingly relative material expression, for this is a recognition of the natural laws and recognition is always succeeded by automatic application. When the spirit "moves" you to act, then you may know you are right. Spiritual truths reveal the technic of manifesting material values; when

action follows, the result in material manifestation is absolutely definite and sure.

He who has sought God in the innermost chamber of his heart sets no false values upon the things of this world. He sees them at their true worth and in so doing magnetizes them. Where true values are understood there follows attraction. Full comprehension is the secret of attraction. Spiritual truths have no material counterpart, but by analogy they demonstrate material values, and these values, if and when appreciated at their true worth, may be demonstrated and appropriated in concrete form by the individual or by a group. Spiritually, it profiteth a man not one whit to accumulate earthly stores; he will not enter the heaven of the spirit therewith and he cannot rid himself of the responsibility of possession. The greater effort expended and the more time given to the contemplation of material values for their own sake the more will he sink into unconsciousness of the spiritual truths and powers of the universe and of his own soul. He has so hypnotized himself by his love for material things and has become so enslaved in his attachments that he becomes less and less capable of consciousness of the existence of spirit or truth. Materialism is the obscuration of spiritual understanding, and the materialist finds ample support of his course in the very material evidence all about him which has blinded him to spiritual truth. "To gain your own soul, you must risk losing your earthly body."



Departments of Ways and Means

For the advancement of the individual in all relations of life. Affording a clearing house of ideas, evolved through practical use of New Thought in thousands of individual problems. Conducted by the Editors and contributed to by NAUTILUS readers everywhere, these departments afford a valuable symposium for a "copious unlocking of energies by ideas"—as William James puts it.

Things That Make For Success

A Correspondence Department of Success Ways and Means Conducted by the Editors.

Have you discovered something that makes for success? We are publishing herein many bright thoughts from our readers, each over the name of the writer, unless otherwise directed.

Letters for this department should be concise, plainly written, on one side of the paper only, not mixed with other matters of any description.

To the writer of the most helpful success letter published (as a whole or in part) in this department of each number of the magazine we will send NAUTILUS for 3 years, to any address or 3 addresses designated.

To the writer of the most helpful letter printed in six months we will send \$5.00 in money in addition to the subscriptions. Prize winners announced in number following publication.

—THE EDITORS.

Success Letter No. 883.

My husband was an inveterate drinker, neglecting to supply his family with even the greatest necessities of food, fuel and clothes, at times. But I was compelled to stay, as I had no other way of getting even the little we did get.

My three children were all small, I was ill most of the time, half the time in bed, the other half trying to bring order and cleanliness into the home, and my friends always complimented me upon my cosy home and well mannered children.

About a month before my youngest, a boy now of seventeen, was born I was desperate as I did not have even the tiny bit of clothes he would need upon his arrival. I wrote you for advice, and your answer put new life into me and I began in desperate earnestness to affirm of my husband: "God is Your Father. You are a part of His great plan. No one can take your place or do your work. You have been throwing away life and wasting your substance in riotous living, Awake! Awake and show forth the love, wisdom and

truth that is in you. You are sober and industrious. You despise liquor of all kinds, and you have no desire to use it or go where it is. You love your family and will do nothing to injure or dishonor them. You are kind, good and true. God does bless and prosper you, and I thank Him for it."

Morning, noon and night these words were upon my lips. I would not let myself see things as they were. I visualized my husband as being all my affirmation stated. I visualized myself as being a strong, healthy, happy mother. I visualized a home with plenty.

A day before the baby came the clothes and even a sleigh to take him out with materialized.

A week afterwards my husband came to me and said, "I believe we must call our son Jesus, for he has saved me from liquor. I have no desire for it any more."

In six months we had more money than we ever had before. We had a cozy home of our own, a maid to do the work and everything my simple tastes demanded.

It surely seemed like a miracle, money came so easily and from sources not thought of before. Since then we have traveled a good deal. Sometimes forgetting even good old *Nautilus*. But always in times of need, *Nautilus* has been the one sure and trusted friend to whom I have turned with the faith that from its pages I could find just the help I needed.

May you be rewarded for the noble work you are doing.—Mrs. H., Minneapolis, Minn.

Success Letter No. 884.

I was a joyous, happy girl until disappointment came into my life and I lost my health and became thoroughly discouraged.

During these months of darkness I married a man several years older than myself, and it needed only a few weeks to convince me of the great mistake I had made.

We had nothing in common, and there seemed

to be a constant jar, and he was always trying to get me away from my family. For the sake of peace I would finally submit until I had no life of my own, and was far away from home, family and friends. I was not permitted to go to church, and he was very disagreeable if any of my church people called.

My friends urged me to leave my husband, arguing I would be happier, and I would grow stronger. But I was fearful that I could not care for myself and baby.

Then one day I found a book called "Gist of New Thought," in which I became so interested I could scarce lay it down for, oh, the hope it held out to me!

I determined somehow I would break the shackles that bound me. I would be a woman, strong to overcome the obstacles before me, and satisfy some of my cravings for the beautiful and my yearning for happiness and friends.

I had always been a church worker and I yearned for my church, so I determined to go to church. I did, but I fear if I had known of the terrible storm of angry abuse that would fall upon me on my return home I would not have had the courage. It seemed to me my end had come, but I was glad, glad, because I was only trying to find my God-given freedom.

He took away my baby and I prayed God for wisdom and strength, and He gave it to me. He brought my baby back, and there has never since been such terrible scenes.

Several years have passed. I did not forsake my husband, but have sought to help him see the light of truth. I have learned to have confidence in my God-given powers. I have created a nice little business of my own. I have been able to visit my parents who live so many miles away, and am now demonstrating a home, and hope the time may come when I shall find real happiness in the companionship of my husband. Surely it is no wonder I love New Thought, when it has so changed my thought, that it has enabled me to be cheerful, given me health, power over poverty and given me confidence and ability to help others.—E. L. Ind.

Success Letter No. 885.

Six years ago I saw an advertisement that has entirely made my life over; it was a three months' trial to *Nautilus*.

I was ill, had three babies, and an overbearing husband to contend with. My father sent for me, and I had to make the trip from California to Texas with my babies and \$4.00 over my fare, alone.

During this time I fairly devoured *Nautilus*. Then I studied "Elizabeth Towne's Four Lessons." I was up and doing the housework and caring for my babies. In three months I was well.

The crops failed, which left us worse off than ever, seemingly. I used affirmations continually during the time, that I might find my way out.

A friend wrote to my husband, offering him a job in the mines and free transportation to New Mexico. He had to pawn his watch to get food for the journey. In two weeks I joined him. He

made good, but would drink and gamble, and be cruel to the children.

I began working with my husband for these faults. He would do the most terrible things when drunk. One day he threatened to kill one of his friends and me. The children were nearly scared to death. When he was sober I told him how ridiculous he had acted; how, if he had killed me what a predicament the children and himself would have been in. Seeing the danger, he promised never to get drunk again. He stopped gambling. Oh! I was so thankful.

Now my heart was fixed on getting him to be fatherly to his children—you have to fight the devil on his own plane sometimes. I finally told him if he didn't love his own children he couldn't possibly love me, and I wouldn't try to live with him any longer.

Gradually he changed. Now he is very nice to the children and me. I have demonstrated many other things, thanks to *Nautilus*.—MRS. C. S., Monrovia, Calif.

Success Letter No. 886.

About five years ago my stepson, then fifteen, was certainly getting high notions in his head. Everything at home bored him, and he was positively disagreeable to everyone in the house. He would not study at school, would kick and slam at home until we were about tired out talking and trying to make him see how he was acting. He was extremely saucy to his father and sisters and me. He did everything to annoy me he could think of. I saw we could not get on together, nor even talk, but some unpleasantness would arise. So I simply kept still. We did not speak. Two years ago he enlisted in the army. We thought that would make a man of him. He came home on a furlough. Yet he was unchanged. A year ago, when he was returning to his company in Virginia, that night, after retiring, I said to myself, "I shall try New Thought on you, Charles, and you will see things in the true light." I visualized the boy, and I said, "You are not happy acting this way; you love me, and want my love. I love you. You will see you are wrong, and you will ask my forgiveness."

Off and on I practiced that at night before going to sleep, for over a year. I made up my mind it was a tedious job all right, as he was apparently not touched. Imagine my surprise the second day of January at receiving a letter from him, after not even speaking for over three years. It read: "Dear Mother: My conscience has bothered me so I can't rest until I write and ask for your forgiveness, and you don't know how I want your love. I have been wholly to blame and don't know how you ever endured me, the way I have acted toward you, when you have been as good as my very own mother could have been. I can't help but weep when I think of the past. Won't you write me, if only a few words, saying you love me yet, and will forgive me? At night I feel as though it all came to me, and that's why I am writing, for I know it's the manly thing to do. It will never happen again, for I now see things in the right light."

So to make a long story short, New Thought was certainly the means of that young man coming to his senses. We all give New Thought the credit.—L. B. C.

Success Letter No. 887.

About eighteen months ago a friend and myself, a reader of *Nautilus* and "Master Key," were talking on the line of "Ask and ye shall receive," when my friend handed me a pamphlet, asking me to read the same. I said, "I'm sorry, but I cannot, my eyes are very bad today; read it to me."

For years, since I was 27 (I am now 50), I have had to wear glasses. On my last visit to the oculist he had told me I only had one more glass to go, so, though my eyes were bothering me, I had not gone to see him again.

"Well," said my friend, "if you believe what we have been reading, try it out on your eyes."

Now I did believe what I had read, so we talked on the best way to accomplish results, and laid out a certain way to work, both of us affirming that *my eyes were getting stronger*.

I laid my glasses down, and it was rather awful. At first I could only grope along. Many a time I had my hand on my glasses to put them on, but did not, for somehow something seemed to tell me that the way of success was to leave them off for three months. I could not read a word or write one, either.

Then, one day, I suddenly felt something snap at the back of my right eye. (My right eye was much worse than my left.) I picked up a paper, and from that day to this I never have had any trouble to see plainly.—Mrs. F. H., Pa.

Success Letter No. 888.

Nautilus and New Thought have meant so much to me that I just ache for other people to know as much about it as I do. But I was slow in grasping the principle of it, with every help. It is the very simplicity of its teachings which prevents us from seeing at the start.

Three years ago I was a wreck of a woman with a heart so weak that it was necessary to hold onto things when walking, and if the door was opened quickly and the cold air would strike me in the face, I would almost faint. Medicines and four months' continual treatment of physicians did no particle of good; the weakness continued.

Then a good neighbor told me of New Thought, and how her mother had been healed of rheumatism which had twisted her limbs and stiffened the knees until she had not walked a step for sixteen years, had been carried from bed to chair and back again. My friend said, not a particle of medicine assisted in the cure, but every day, several times in fact, she and her mother went into the silence and asked God for healing. In two years' time, she came in one day and found her mother walking across the floor. After a period of rejoicing and crying, her mother owned up she had been walking for a week or more, but wanted to surprise her daughter. In a short time she was walking anywhere in the city.

That was good enough testimony for me, so with my friend's help I started in, and if anyone was ever faithful to its study, I was. I then weighed 110 pounds. Today I weigh 149, and I am a well woman.

New Thought has helped me in hundreds of ways. My daughter had a stiffening of the muscles of the jaws and for four months it was almost impossible to get a spoon into her mouth. *One month's treatment healed her.*

My son had found it impossible to learn algebra, and had been compelled to drop it one year, the next he stumbled along until the instructor told him he would have to drop out.

I talked with my boy and begged him to try again, and I started to give him treatments, as I had been taught through *Nautilus*, that God was his wisdom and intelligence.

In a very short time he was improving. Now in his Junior year in advanced algebra he finds it as easy as reading from a printed page. He says it comes to him as fast as he reads it off.

One more illustration along that line:

Last week in final exams my daughter was utterly discouraged. She could answer only two questions to be taken from 150, and would have to drop her Normal course if she failed. Immediately after she left for school I tried to help her. *She answered all of the questions given with the exception of parts of two.*—Mrs. L. L. C., Kans.

Success Letter No. 889.

Dear sisters, girls, women, do you long for love, a devoted husband, a home? They are already yours; receive them.

About five years ago a dear friend said to me "You should have a home and a husband—you would be such a good wife."

I replied, "I guess that particular happiness was not intended for me." Her answer was "O, you must not say that again, for it is right that you should have what is the birthright of every good woman."

She then gave me Frances Larimer Warner's book, "Our Invisible Supply, How to Obtain," to read and think upon. She told me to imagine myself the object of the love of a true man and to try and feel his very presence near me, at my table in the little apartment where I lived alone.

My life was a happy, busy one, engaged in business activities, but I felt an unsatisfied longing for love and home, that must surely come to the normal woman, especially when thirty years and over.

Having studied and read along New Thought lines for some years, I found it not difficult to understand and follow my friend's suggestions, supplemented by the very plain directions in Frances Larimer Warner's book and by the many excellent articles in *Nautilus*.

Soon results began to come. The man of my own secret heart's choice searched me out, his love was given to me, and many lesser gifts, were demonstrated by faith: a ruby ring (symbol of deep love), a loving husband, a car, a diamond, a home, and many minor things.

Today he and I both look forward to the future for even more surprising (to the uninitiated)

"signs," both spiritual and material. For the most important as well as the smallest problems, "Spirit will find a way."

This I have proven in the renting of a house, the buying of a home, the purchase of gowns, the opening up of a business, the securing of a job, the receiving of money needed, payments by debtors. In innumerable ways faith has been rewarded too plainly to be mistaken.

Your magazine, *Nautilus*, is a wonderful inspiration. The books you recommend, Paul Ellsworth's "Direct Healing" and others, have brought wonderful help and I thank you from the bottom of my heart for what you are doing for me and thousands of others.

Two friends have been uplifted and made to see the sunshine by your *Nautilus*, the "medicine" that I was enabled to provide for their sick hearts and minds. Yours is a blessed work and your magazine a prescription which never fails to bring comfort, cheer and uplift to one seeking help and light.—N. H. B., Alhambra, Calif.

Success Letter No. 890.

Six months ago my husband was brought home—stricken with a paralytic shock. So serious was his case that six of the best physicians around here who were called in, pronounced it a hopeless case, and thought he would live only a few hours. Relatives were sent for and his death was expected at any time.

I realized conditions and with prayers to Almighty God for help and guidance—began to affirm life, health and happiness. When he was able to retain only one of three tablespoons of nourishment, I simply kept at my post, treated him for relaxation and gave him manipulations.

And now, after these weary months, he has recovered sufficiently to be about and walk about half a mile, alone. His case is considered the most miraculous thing that has ever been known and is a wonderful tribute to the goodness of Almighty God and New Thought—Mrs. M. A. L., Pittsfield, Mass.

THE PRIZE WINNER for July is E. G., Chicago, who wrote Success Letter No. 878. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

FOR WORLD PEACE.

WE, the Rising Generations, demand a United States of the World.

We want our idle vessels and ships to be used in times of peace for a Public University of Travel, a white fleet that shall tour the world every year. We want these ships manned with the best instructors in Art, Literature, Travel, History, Modern Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected according to all-round merit from the graduates of public High Schools, and Industrial, Vocational and Technical Schools of all the States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically with a minimum naval crew, in all work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We work for them.

We vote to this end.

—Elizabeth Towne.

Department Of

Whole World Realization

Conducted by THE EDITORS

Would you be at peace? Speak peace to the world.

Would you be healed? Speak health to the world.

Would you be loved? Speak love to the world.

Would you be successful? Speak success to the world.

For all the world is so closely akin that not one individual may realize his desire except all the world share it with him.

And every Good Word you send into the world is a silent, mighty power, working for Peace, Health, Love, Joy, Success to all the world—

Including yourself.

Will you join all the readers and the editors of *Nautilus* in daily thought of Whole World Realization? No membership fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this column, in each number of *Nautilus*. You join the Circle in thought only. You are free to secede when and how you choose.

No duties are attached and only one privilege, that of holding your own version of the thought expressed herewith, sending it out to all the world each night before you sleep, and as many times during the day as you think of it.

Each number of *Nautilus* carries in this column the thought to be dwelt upon until the next number appears.

The emolument of membership in this Circle is *The Cosmic Consciousness*,

Which includes Health, Happiness and Prosperity to every creature.—THE EDITOR.

KEY THOUGHT FOR DAILY MEDITATION:

WE see the world piece
by piece, as the sun,
the moon, the animal, the
tree; but the whole, of
which these are the shining
parts, is the soul.

—EMERSON.



A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE
AND WILLIAM E. TOWNE

*"O wad some power the giftie gie us,
To see ourselves as ithers see us,
It wad frae mony a blunder free us
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Letters that demand reply by letter should be accompanied by at least \$5.00 in payment. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—ELIZABETH TOWNE.

MRS. W. E. A.—There is nothing in nature that is wholly good or wholly bad. It is the USE we make of natural forces that determines whether they are good or bad for US.

For instance, electricity is a very dangerous force to use, yet there is no natural force of greater value to mankind.

I think that Hudson was right when he warned his readers that it was a dangerous thing to do to give the conscious mind over to the control of the subconscious. But that is not a good reason for refraining from the use of the subjective forces in a reasonable and constructive way. Hudson himself recognized the benefits and the power for achievement that comes through the subconscious, in the very words of his warning.

At the time Hudson wrote his books, there was far more reason than now for emphasizing the dangers of subconscious control, because comparatively few people knew anything about the nature of the subconscious, the use of suggestion, etc. Now there are few people of ordinary intelligence who do not understand the subject, at least to a reasonable extent.

I think the kind of "inspirational speaking" to which Elisha Wallace refers is that in which the conscious mind is the controlling element.

Baudoin, the French authority on suggestion, says of artistic inspiration: "Artists are aware, by implication at least, that their inspirations come from the subconscious, and to evoke them they encourage conditions of outcropping. * * * Some artists discover this, instinctively or by chance, and are enabled to find inspiration without the use of methods that entail physical ruin. These are the greatest of their tribe. The utilization of natural sleep after a period of mental concentration, is peculiarly fruitful."

All original, creative work is accomplished with the inspiration of the subconscious. There is no more reason for refusing to make use of this inspiration than there would be for refusing to

benefit from personal contact and conversation with some great genius, lest we be unduly "influenced" by his ideas.

MRS. M. G.—The very first essential to overcoming despondency, is to practice SELF-EXPRESSION, to direct your energies OUTWARD away from yourself, into useful, constructive activities. Find something new and INTERESTING to do, and use your imagination to make ALL your daily work interesting. As soon as you begin to change your attitude toward your daily life, you will find NEW POSSIBILITIES opening up, ways to extend and elaborate your activities, improvements, new opportunities. When you really begin to express your OWN energies, the criticism of others will not cause you to curl up and sulk. For that is what it amounts to. When your husband sweeps aside your ideals with a harsh word, you sulk and take pleasure and pride in your sulking, because that is an easier way to get satisfaction than to go ahead with your own efforts to convert your ideals into realities. The reason you do not get more benefit from the repetition of affirmations and inspiring quotations, is that while you are repeating them your IMAGINATION is picturing discouragement, weakness, the opposition of your husband, etc. Read "Evolution of a Real Marriage." It will show you how to help your husband in his daily activities. In regard to the problem of relatives who insist upon attaching themselves to the family, the only way is to meet the issue squarely. Either send them away, or forever quit resenting their presence. They are there because the family permits them to stay. If you decide to make a change, and could leave them to their own resources for a time, while you and your husband go elsewhere, without necessarily giving them the impression that it was a permanent arrangement, they would quite likely learn to depend upon themselves. There are few of us who arise to the exigencies of our condition except when necessity nudges us. The Spirit will lead you into all Truth, but it's up to you to FOLLOW THE LEAD.

MRS. E. Q.—Do not try to settle just HOW and through whom your happiness is to come to you. Above all, do not allow your mind and energy to be controlled by a vision of the past. Look for your good in your PRESENT environment, and it will come to you. If that particular man belongs to you, he will reappear at the proper time. If, in the meantime you worry over the past and make yourself believe that he is necessary to your happiness, it will only make you miserable to no purpose. It is for you to CHOOSE whether you will be miserable thinking about someone who has passed out of your life, for the present at least, or whether you will find your happiness through the fullest self-expression in constructive activities right where you are and under present conditions. I believe it is possible for some people to predict future events, but as yet there is so little certainty in such predictions that one should not place any dependence upon them. They are interesting, but one should be very cautious about accepting such predictions as truth.

MRS. F. C. S.—All advancement in a business way comes through **SALESMANSHIP**. The other woman got the position because she succeeded in **SELLING** her ability to fill the position to her prospective employers. You did nothing, so far as I can see, to **IMPRESS YOUR PERSONALITY** upon the imagination of the firm who had the position to fill. One is not greatly impressed by a letter of application. Indeed, if the applicant is not at a distance, a letter makes an unfavorable rather than a favorable impression upon the average employer. He is apt to base his decision upon the way a person looks and talks rather than the kind of letter he (or she) writes. A personal interview is a hundred times more potent than a letter when it comes to selling your services. We frequently advertise for girls to work in *Nautilus* office, but we do not even consider an applicant unless she makes personal application. To your visualizing add action—intelligent, directed action that will make the other fellow **WANT** to do what you desire. If you want to get a position, in addition to giving your prospective employer all the essential details about your ability that you can assemble, keep yourself before him in a favorable light to the fullest possible extent. If you can appeal to him through friends, by all means do so. A word from a friend will go a long way in such cases, because one has **CONFIDENCE** in what a friend says. Your experience reminds me of the old negro preacher who said that when he prayed, "O, Lord, send me a chicken," he hardly ever got it. But when he prayed, "O, Lord, send me *to* a chicken," he almost always got it. It seems to me your prayer and method was too much along the line of expecting the chicken to drop into your lap.

E. P.—Your present attitude toward the coming of gray hair is one of **RESISTANCE**. That will have a strong tendency to increase gray hair instead of helping you to retain the natural color. If I were in your place and felt it such an important matter, I would first try to make the conditions as favorable to the growth of healthy hair of a natural color as possible. Massage the scalp night and morning to loosen it. Send to Physical Culture Publishing Company, New York City, for their book on the care of the hair. Above all, use your imagination to picture the kind of hair you want. It is your imagination rather than your affirmation that will win. Pull your hair, night and morning, in connection with the scalp massage, as directed in my "Practical Methods" book.

B. K. H.—Yes, if your husband has deserted you and refuses to make even an attempt to live up to his side of the marriage contract, I think you are fully justified in seeking a divorce. Turn your thoughts away from the past and get interested in some form of activity that will result in service to the world, and you can create a new life for yourself, and find happiness and peace of mind. You will be unhappy if you allow your mind to be filled with pictures of the past and with regret. You can *choose* the kind of mental pictures that you will entertain and thus deter-

mine your mental attitude, whether it shall be one that makes for happiness or the reverse.

F. L. B.—It seems to me that your son is right when he says it would not be practicable for you to come to live with him. The conditions in the oil fields are just as he has described them, I am sure. In a year or two the boy will begin to go to school, and he is much better off where he is than he would be following his father from town to town. Even if you maintained a home at some central place within reach of your son, he would not be with you enough to exercise much influence upon the baby. Are you quite sure that you are not moved more by **PERSONAL** desire in this matter than by real consideration for the child? When the child begins to go to school, association with the other children will soon do much to offset the idolizing influence of his grandfather. You will find it a help in training him if you will follow the instructions in the booklet, "How Children are Helped by Suggestion During Sleep." Another book that you will find helpful is "The Child's Unconscious Mind," published by Dodd, Mead & Co., New York. Perhaps through this book you can help the grandfather to realize that too much idolizing of children unfits them to deal with the realities of life.

K. S. C.—When you affirm that you receive **NOW** that which you desire, it means that there **IS ALREADY IN EXISTENCE** a **SPIRITUAL REALITY** corresponding to your desire, and your affirmation opens the way for its manifestation on the outward plane, the physical world, so that it can come into your **CONSCIOUSNESS**. Yes, having made your affirmation, you should follow any leading you may have that indicates the steps **YOU** should take in making the conditions right for the fulfilment of your desire. To your faith, always add **WORKS**. For faith **WITHOUT** works is a dead thing and cannot create, or attract, that which you desire. **DE-SIRE** creates the mental attitude that attracts anything. By this I mean a **REAL** desire and not a weak and wavering wish. Desire is fed by visualizing the thing desired, and by appropriate action to attain it.

B. R.—You are already outgrowing your trouble. You have been making a virtue of weakness and taking a sort of satisfaction in it. It was your way of attracting attention. It seemed easier than to face reality and mold it, as other people do. But now you are leaving all that weakness behind. You have taken into your heart the idea of strength. You are learning to express yourself in a normal way. When you cease to shrink and shrivel in the presence of reality, you will not be troubled with the crying weakness. It will just naturally drop away as you acquire self-confidence. It is due to nothing but a loss of self-confidence. You can hasten results by the use of suggestion, night and morning. And whenever you feel the weakness coming on, relax and repeat, monotonously, rapidly, for half a minute, to yourself, "It is passing." Read the booklet, "How I Eliminated Fear," by George Wharton James, and Walt Whitman's "Leaves of Grass."



A Cosy Corner Department where everybody chats and the Recording Angel sets down what she can find room for.

Blessings be Multiplied to the Lord-Vernets and France!—

Our first work here is almost a personal canvas. We speak of "La Nouvelle Pensée" to different friends and acquaintances, and in order to back our claims of the Faith that pays dividends, use our own case, i. e., coming across without indebtedness by visualizing prosperity and our daily needs.

I am translating William Towne's Views and Reviews, "The Fear Barrier" (*Nautilus*, April, 1922), and Mrs. Towne's Editorial, "Believing and Having Faith" (*Nautilus*, October, 1922), to be used at our first get-together (copies of which I shall send you later on).

When we meet it will be to discuss New Thought—choosing odd items from "53 Experiences in New Thought"—and then we shall begin the study hour, using, most likely, Mrs. Towne's "Four Lessons."

An unusual opportunity came for me to purchase a "Corona" the past week, at quarter price, which, considering it has the American keyboard, will be a great help to me.

I am sure everything will work out well, as it has always done in my studies of New Thought, and I shall try to keep you posted of our meetings.—WILFRED LORD-VERNET, 19 rue d'Italie, Nice, France.

"St. Paul and M. Coué" as Seen by an English Dean:—

In the May number of *Brotherhood*, published by J. Bruce Wallace, 109 Donegall street, Belfast, Ireland, there appears under the above caption an interesting review of a new book on Coué. We quote it here:

The Dean of Chester (F. S. M. Bennett) has written a little book entitled "Monsieur Coué and his Gospel of Health" (Simpkin, Marshall & Co.), in which he shows the relation—an entirely harmonious one—between the teaching and practice of this practical psychologist and the Christian Gospel of Health and Healing.

Monsieur Coué's slogan ("Day by day in every way I get better and better") the Dean incidentally expands and versifies thus:

"Hour by hour and day by day,
In all respects and every way,
Better I get and better I stay.
Blessed be God who maketh me whole.
Rest and rejoice in Him, O my soul,
And magnify Him alway."

Here are some useful extracts from the above-named little book:—

"If you want to be physically fit, says M. Coué,

don't make futile efforts to achieve it directly, but by imagination make a picture of yourself well, and hold it. Say to yourself, 'Day by day, in every way, I get better and better.' Make a picture of yourself getting better and better. Make a picture of the future, and of yourself better and better in that future. Make the future present in your imagination, and take care that it be the sort of future that you want. Lots of people are following his advice, and are finding that it works.

"Saint Paul revealed something practical to his generation, too—something identically the same; only he gave it a wider and higher application. If you want to be holy, says S. Paul—and holiness means healthiness of our whole big self, body, soul and spirit—don't make futile efforts to achieve it directly, but by faith make a picture of yourself 'complete in Christ,' and hold it. Say to yourself, 'If any man be in Christ, he is a new creature; the old things are passed away; behold they are become new.' Make a faith-picture of the future, and of yourself in that future becoming what, as God sees you, you already are, 'complete, a perfect man, in Christ.'

"Take such a saying of S. Paul's as that 'With the heart man believeth unto righteousness,' and re-interpret it in the light of M. Coué's teaching about imagination. Any idea attended to, he tells us, especially if accompanied by emotion, tends to become a suggestion, to get down into our Unconscious (or Sub-conscious) Mind, where lie the springs of action, and to work. S. Paul says, 'With the heart man believeth unto righteousness'—in other words, a thought pictured by faith and accompanied by the emotion of love, will get down among the believer's springs of action, and will work. M. Coué is thinking of Health; and S. Paul of Righteousness. Both advocate the same method of achievement, by what one calls 'imagination,' and the other 'faith.' To achieve rightly, think truly. Think and thank.

"Extend your Coué thinkings to your morals. Especially is it true with regard to lusts of the flesh, that the way of auto-suggestion is the way of freedom. If you have been tempted and have, perhaps, given way, begin to say to yourself: 'I am a child of God. This wretched thing is never going to trouble me again. If it does, it won't touch me; I shall ride over it with ease. I can do all things through Christ who strengtheneth me.' . . . This is the supreme discovery of Christianity.

"Take a failing, or worse than a failing, that troubles lots of people, or ought to—bad temper. When you've met that other awkward person, and you've both said many foolish things that you did not really mean, it's very little use resolving never to do it again. But it is a great deal of use to begin to think yourself a good-tempered person, to picture yourself saying exactly the right thing with a cheerful countenance to your awkward friend next time you meet him, and to picture your awkward friends as one of the nicest people you know. I don't pretend to understand how it works; but we do extraordinarily find people to be very much what we expect. There may be some telepathy about it; no one knows for certain yet. The early Christians put it quite simply; they looked for the Christ in every man; and

they found Him. We, too, often look for something else, and find it instead."

"If you want yourself to enjoy S. Paul's own happy experience,—that God has given us, not the spirit of fear, 'but of power and of love and of a sound mind,'—*Christianize your Coué and Coué your Christianity*, and you'll soon find that it is 'un fait accompli' (an accomplished fact).

Greetings to Our Farmer Folks!—

Dear *Nautilus* People: Am addressing you very informally, am I not, but that is as I feel—I love you all dearly much—reminding me that "I could be happy with either were tother dear charmer away!" But my favorite contributors are Elizabeth Towne, Mr. William E. Towne and Orison Swett Marden. And departments and the order in which I generally read them, are, first, Departments of Ways and Means, Little Visits and Family Counsel. I read them all, everyone, and *wish for more*.

Can most assuredly congratulate you on the new *Nautilus*, and wish you all good things for many, many years, but I would never have criticized the old style—I never thought of your changing it.

Well, I am a busy farmer's wife of the middle west, and am not much of a letter writer, but I wanted my brother to have *Nautilus*, so thought I would send subscription and make an attempt to answer your questions as you desired. One of my heart's desires is to see Elizabeth Towne some day; will keep hoping. With best love and good wishes to all.—NELLIE MACY (Mrs. Harry), Brimfield, Ill.

A Catholic Who Reads Nautilus:—

My dear Mrs. Towne: How can I tell you of the worth of *Nautilus*? It is priceless. I am sending a subscription to a friend in another state. As for me, I buy at the newsstand three or four copies every month and distribute them among my friends who need them. And who is it that doesn't need your bracing tonic? Your editorials mean much to me—they are SO practical. All of your contributors are excellent. Having made a thirty years' serious study of psychology I look forward to your paper with the keenest joy. Your Jubilee Cover is very beautiful and artistic. "Deep, Deep Down in Our Hearts" is most excellent. I cannot suggest any good, for you have ALL Good in great abundance.

It will interest you, I am sure, to know that I am a devout Catholic—attend Mass and Holy Communion every day, and there I find all Truth and God, and this very wisdom I get from our dear Lord makes me appreciate and love your paper.

God bless you always and make you glad.—
MRS. P. D. E.

LET US approach our friend with an audacious trust in the truth of his heart, in the breadth, impossible to be overturned, of his foundations. —EMERSON.

INTERNATIONAL SUNDAY SCHOOL LESSONS

(Continued from Page 34.)

the Voice spoke to him. "Why persecutest thou me? I am Jesus," and gave him directions what to do.

Paul was this zealous. Thinking that was so sincere that though it was fiercely mistaken so as even to work against God when he thought he was working for him that it brought him to the Truth in spite of himself, though it was a hard and humiliating way. He was healed of his blindness and after a few days he began a most vigorous preaching for Jesus Christ.

Then followed one miraculous work after another, confounding Elymas, the sorcerer, with blindness (Acts 13:10); healed a cripple at Lystra (Acts 14:8), and here Paul was stoned to death and through the prayers of the disciples was raised from the dead (Acts 14:19, 20) and at this time he had the wonderful vision spoken of in 2 Cor. 12; cast out a "spirit of divination" from a damsel (Acts 16:16); was set free from prison (Acts 16:26); healed the sick even by handkerchiefs (Acts 19:11, 12 and 28:8, 9); raised Eutychus from death through accident (Acts 20:9-12); saves lives in shipwrecks (Acts 27:21-44); unhurt from viper's poisonous bite (Acts 28:-3-6).

But it is the preaching of Paul that has influenced the world most, indeed, he is looked upon as the greatest factor in organizing the churches. These were not buildings or even societies at first, but "gatherings" in houses, fields, caves, etc. In many things Paul seemed to hinder the Christ progress of both individuals and groups by his "experiences" and introduction of Old Testament theology, especially in silencing woman, a device intended to be temporal until they could bring the astute Greek women converts into moral correctness.

It is the Paul-zeal in us that will win the Christ attainment, but it must cease its violence and its striving through sitting at the feet of Jesus to imbibe humility and non-resistance, and let Love and Truth, within, do all the work. "I do nothing of myself, it is the Father within, he doeth the works." *Silent Affirmation.*

**Now every Passion is made subject
To the Christ within; and I am become,
Throughout my whole being, a New Creature
In the Truth that makes Man free.**

SERENITY

By Margaret Florence Hastings

A THOUSAND rivers flow into my soul,
Bringing their freight of heavy-laden
fleets

Majestic borne along their noble course
From all the far-off shores of every world.
And they are manned by hands to me unseen,
Their fair sails filled my winds that brush my
cheek.

Ah, deep those rivers flowing to my soul,
While at their meeting place I stand and wait.



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In this department we notice as many cloth bound books as we can find room for. Lack of space forbids reviewing music. Publishers, please give selling price and address when sending books for review. Reviews are written by William E. Towne, unless otherwise signed.

—"A Short History of the World," by H. G. Wells. A book splendidly designed to meet the needs of the busy reader who wants to know something of the great adventure of mankind. Beautifully printed and amply illustrated. 435 pages, fully indexed. Price, \$4.00. Macmillan Company, New York.

—"Healing Yourself," by Christian D. Larson. The chapter on "Psychological Equilibrium" gives exercises for acquiring interior harmony and perfect inner poise. "Imagine Yourself Well" instructs on how to use the imaging faculty for health. Each chapter takes some special healing method. Price, \$1.10. Thomas Y. Crowell Company, New York City.

—"Aunt Joy's Nature Talks," by Lida H. Hardy. A New Thought nature study book for children. Cloth, illustrated; price, \$1.00. The Day Star Publishing Company, Topeka, Kans.

—"The Soothsayer," a one act play, by Verner von Heidenstam, Nobel Prize Winner, 1916. The scene of the play is laid in ancient Greece. Cloth bound, price \$1.35. The Four Seas Company, Boston.

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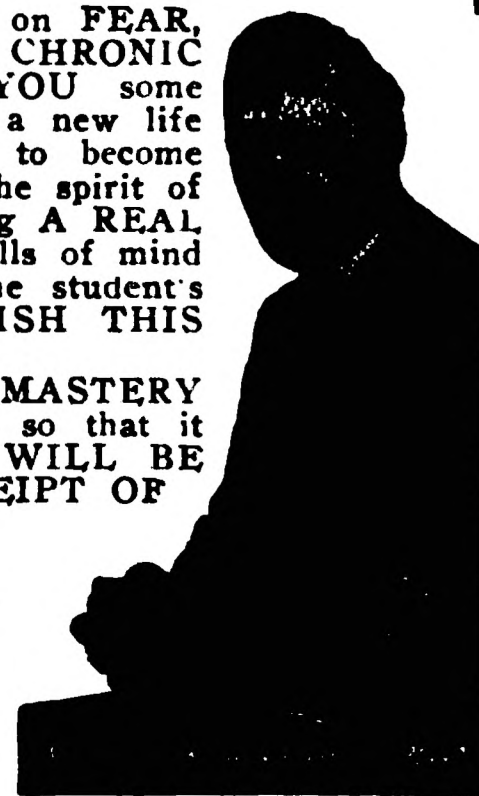
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Here are some of the results that the Lessons have brought about in the lives of those who have used them faithfully:

How the Lessons bring health

"Following is my report on Lesson II: A suppurating ear which has emitted pus and noxious odors for twenty years has stopped discharging. There are no buzzing noises, no aches, the hearing is daily growing more acute. Gradually and surely I am gaining strength and health."

"For first time in four years am going without medicine. Indigestion completely cured. Do not feel fatigued now. Am surprised to find myself as fresh in the evening as when I get up in the morning."—E. R., Conn.

Mrs. A. F. L., Ohio: "I find my heart trouble much better. A long-standing bronchial cough much improved and worry and fear almost gone."

"I am no longer a worrisome being, but a strong, healthy woman," writes Mrs. F. J. W., of Brooklyn.

"I can truly say that I feel much better than I have for a great many years. My eyesight, which failed four years ago, seems to be improving nicely."—J. W. F., Ohio.

"Many good things have crowded into my life in a marvelous way. I am healthier and happier than I have ever been, and life seems more worth while all the time. Please send Lesson III. Can hardly wait."—C. A. G., Spokane.

Friends Gained

From Ohio a woman writes: "Had been affirming a better position with greater opportunity for my husband. Like a bolt from a clear sky he was offered a chance to go into business for himself. *This offer came from an individual to whom I had especially sent my Good Will, as directed in your Lesson Three.*"

From Virginia: "Since sending my Good Will as instructed in the Lessons, two persons in entirely different parts of the country, with whom I had a misunderstanding, have come around all right. One who had not written for two years voluntarily wrote me twice in one month."

A Western woman writes: "My greatest trial was a husband whose fancy wandered. He is now devoted to me and growing more attentive every day."

From a Chicago girl: "Everybody is falling over themselves to be my friends (thanks to your teachings). It is worth while to live."

"Money flowing in"

A young Nebraska business woman writes: "Am getting my promotion. My desires are maturing more each day. Money is flowing in constantly without hard work. Best of all, the Lessons have taught me to feel kindly toward my enemies. It seems as if I were entering a new and beautiful world."

"In the past month I demonstrated \$200 with your Lesson II. Thank you for your wonderful help," writes a Texas woman.

B. H., Calif.: "In a financial way am doing better than I have in years. Seems as if everything I put my hand to profits me something."

Why not send your order for the Four Lessons NOW, and use them as these other persons did?

THESE LESSONS ARE FREE with an order for our own publications (at full retail price) amounting to not less than \$3.20.

Or you can get the Four Lessons and two small books that go with them for \$1.60.

THE ELIZABETH TOWNE CO., Inc.,

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Holyoke, Mass.